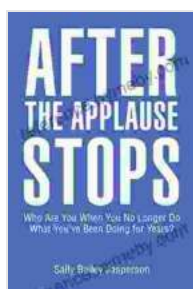


Who Are You When You No Longer Do What You've Been Doing for Years?

For many people, their work or life role is an integral part of their identity. It shapes how they think about themselves, how others see them, and how they spend their time. For example, people could have been known as the main caregiver for their family or as a dedicated employee for a particular company or as an individual who has spent a decade or two as a yoga instructor.

So, when it comes time to leave that role, whether by choice or circumstance, it can be a major life transition. It can be a time of uncertainty, self-doubt, and even grief.

But it can also be a time of great opportunity. It's a chance to rediscover who you are when you're not defined by your work or life role. It's a chance to explore new possibilities and create a life that's more aligned with your passions and values.



After the Applause Stops: Who Are You When You No Longer Do What You've Been Doing for Years?

by Addison Hodges Hart

★★★★★ 5 out of 5

Language	: English
File size	: 133 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 52 pages
Paperback	: 281 pages

Item Weight : 14.1 ounces
Dimensions : 5.51 x 0.98 x 8.86 inches

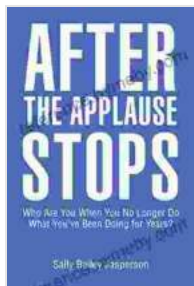


If you're going through a career or life transition, know that you're not alone. Millions of people make this transition every year. And while it can be a challenging time, it's also a time of great potential.

To help you on your journey, here are a few tips:

- **Give yourself time to grieve.** Leaving a long-term career or life role is a significant loss. Allow yourself time to mourn the loss of your old identity and the life you knew.
- **Don't be afraid to ask for help.** There are many resources available to help you through a career or life transition. Talk to a therapist, career counselor, or trusted friend or family member.
- **Explore your interests.** What have you always wanted to do but never had the time? Now's your chance to explore your interests and find out what you're passionate about.
- **Don't compare yourself to others.** Everyone's journey is different. Don't compare your progress to others. Focus on your own journey and celebrate your own accomplishments.
- **Be patient.** It takes time to find your new identity and create a new life for yourself. Don't get discouraged if you don't have it all figured out right away. Just keep moving forward and you will eventually find your way.

Leaving a long-term career or life role can be a major life transition, but it can also be a time of great opportunity. By following these tips, you can navigate this transition successfully and rediscover who you are and what you're meant to do.



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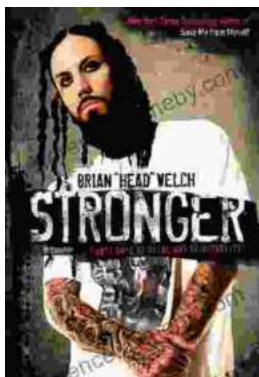
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