



YOU'RE NOT STUCK

A simple introduction to life transitions, what they are, why they can feel confusing, and how to start understanding the in-between. This guide walks you through my Presence, Purpose, Power™ framework with easy reflections to help you build awareness, not force change.



Introduction

Most people don't realize they're in a life transition.

They think they're forever stuck, unmotivated, or that something is wrong with them.

But a transition doesn't happen instantaneously. It doesn't come with a custom "how to book" or a timeline. It typically begins internally before anything in your life actually changes.

You wake up one day and something feels off. Not wrong exactly. Just... different. The goals that once drove you don't entirely make sense. The routines that used to feel productive now feel forced. Conversations you used to enjoy feel surface-level or exhausting. Nothing has technically fallen apart. But something no longer fits.

That's the beginning. A life transition happens when your identity begins evolving faster than the life built around it.

And most people misinterpret that moment. They assume they need to fix something externally. Change everything. Or push through it.

But this phase isn't asking you to act. It's asking you to pay attention. Because what you're feeling isn't confusion. It's awareness.



Welcome Friend!

I'M CHRISTINA

For me, this didn't start with coaching. It started with a sweater. A pink sweater I almost didn't wear. At the time, I had a very fixed idea of who I was. What I wore reflected that identity, but it also reinforced it. I stayed inside a version of myself that felt safe, and understood. Until I didn't.

Wearing something different shouldn't have mattered as much as it did. But it changed how I felt. How I carried myself. How I showed up in conversations. That was my first real understanding of something most people overlook: What you wear doesn't just express who you are. It shapes how you experience yourself.

Later, I would learn this concept had a name, enclothed cognition. But at the time, I just knew something had shifted. As I began working with clients, I thought I was helping them find their style. But that wasn't what was actually happening.

People weren't coming to me because they needed better clothes. They were coming to me because something about them had changed and they didn't know how to reflect it. They were in transition and style was just the first place it showed up. That's when I realized this work was never about clothing. It was about identity.



THE PHILOSOPHY

Over time, I began noticing a pattern.

Every meaningful transition, whether personal or professional, moved through similar phases. Not in a perfect order, but consistently.

First, something shifts internally. Then, it begins showing up externally. Then, there's a deeper questioning of what actually matters. And eventually, there's a moment where someone decides to act differently because of it.

This is where my framework of Presence, Purpose, and Power [™] comes from.

Presence is how the shift first becomes visible. Purpose is where clarity begins to form. Power is what happens when you start living in alignment with it.

You may move through them in different ways, revisit them multiple times, or experience them simultaneously. But once you begin to recognize them, transitions stop feeling scary and start making sense.

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CHAPTER ONE

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CHAPTER 1

CHAPTER ONE

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TRANSITION

The Internal Shift

Transitions typically begin internally, often in ways that are difficult to define. There is no clear moment where everything shifts. Instead, it builds gradually. A sense of restlessness begins to surface. Things that once felt aligned no longer feel the same. You may find yourself questioning goals, or paths that once felt certain. This stage is subtle, which is why it is often misunderstood.

People tend to dismiss what they're feeling, they try to push through it or fix it quickly. They look for immediate clarity, assuming they need answers right away. But this phase is not about having answers. It is about recognizing that something within you is changing.

Your identity is expanding, and your current life has not caught up to it yet. That gap is what creates the discomfort. And instead of rushing to close that gap, this phase asks you to sit with it long enough to understand it.

The more you try to force clarity too quickly, the more disconnected you become from what is actually shifting. But when you allow yourself to observe instead of react, you begin to see patterns. You begin to notice what feels aligned and what no longer does. And that awareness becomes the foundation for everything that follows.

Reflection

This is where you pause and take an honest look at where you are. These questions are meant to bring awareness to what's shifting beneath the surface, so you can begin to understand your current phase more clearly.

Q What feels different in your life right now, even if you can't explain it?

Focus on subtle shifts rather than clear answers, noticing where things feel "off," different, or less aligned than they once did. Pay attention to your emotional responses throughout the day, especially moments where you feel disengaged, restless, or like you're simply going through the motions.

Q Where do you feel disconnected from your current routines, roles, or goals?

Notice where you feel like you're showing up out of habit rather than intention, especially in areas that once felt aligned or meaningful. Pay attention to where your energy drops, where you feel resistance, or where you no longer feel like yourself.

Q What are you trying to force clarity around too quickly?

Notice where you're pushing for answers, decisions, or direction before you've fully understood what's changing. Pay attention to areas where impatience or urgency is replacing curiosity and reflection.

Action

This is where awareness turns into movement. These prompts are designed to help you take a grounded next step, not by forcing change, but by responding to what you now recognize with more clarity and intention.

A Stop trying to define the outcome.

Give yourself permission to pause the need for answers and allow the situation to unfold without forcing a conclusion. Focus on observing what's changing instead of trying to immediately define what it means.

A Start observing patterns in what feels aligned vs. what doesn't.

Begin noticing where you feel energized versus drained in your daily life, without trying to change anything yet. Look for patterns in environments, conversations, and routines that either feel aligned or out of sync.

A Give yourself permission to not have answers yet.

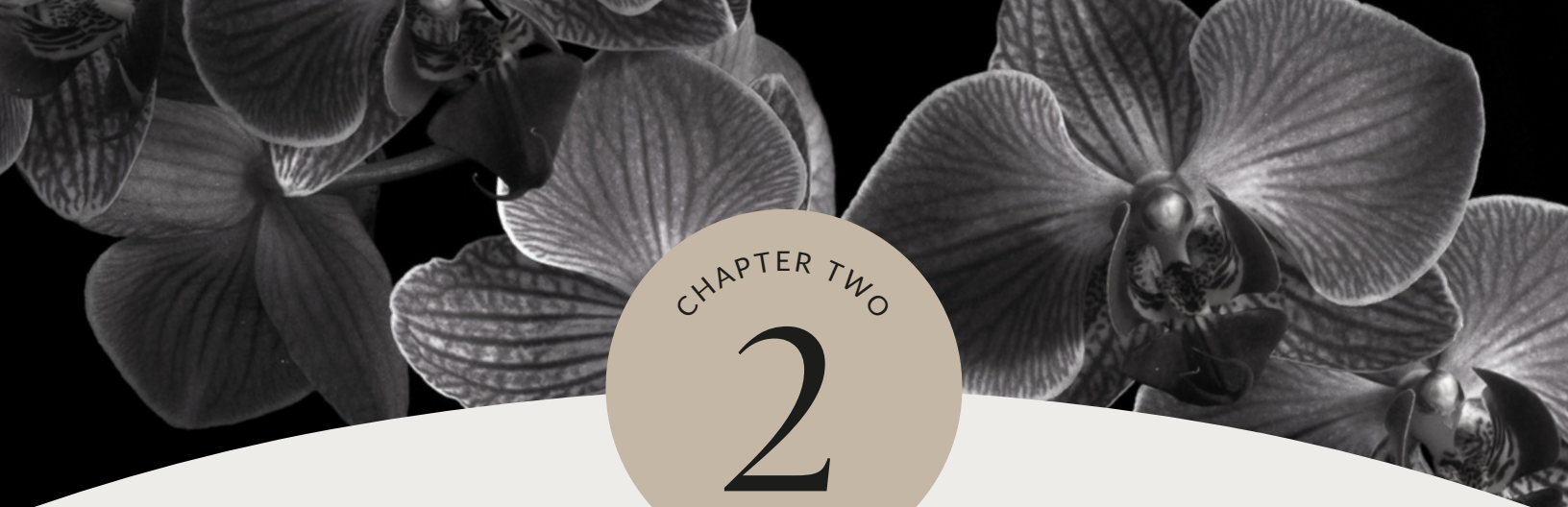
Remind yourself that clarity comes from awareness, not urgency, and that it's okay to be in a phase of not knowing. Allow space for reflection without pressuring yourself to figure everything out right away.



Reminder

YOU DON'T
NEED
CLARITY TO
BEGIN.
YOU NEED
AWARENESS
OF WHAT
NO LONGER
FITS.

Christina Stein

A black and white photograph of orchid flowers, showing the delicate petals and intricate patterns of the blooms, positioned at the top of the page.

CHAPTER TWO

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PRESENCE



Presence and The External Mirror

CHAPTER TWO

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PRESENCE AND THE EXTERNAL MIRROR

Presence is often the first place a transition becomes visible. Before you can fully explain what's changing, you begin to notice it in how you show up your appearance, your environment, your energy, your day-to-day expression. Something feels off.

Not dramatically wrong, just not quite you anymore. This is where most people misunderstand what's happening. They assume the solution is to change the surface. They update their wardrobe, adjust their appearance, or redesign their space, believing that if they can fix what they see, they will feel like themselves again.

And sometimes, those changes do help. But more often than not, those impulses are not the solution, they are signals. Presence is not the problem, it is the messenger. The desire to change how you look, what you wear, or how you live is often your first indication that something deeper is shifting.

If you feel disconnected from your body, you may try to change your physical appearance. If your wardrobe no longer feels right, it may no longer reflect your environment, your interests, or who you are becoming. If your space feels off, it may no longer support the version of you that is emerging.

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PRESENCE AND THE EXTERNAL MIRROR

These external adjustments are the most accessible place to start because they are tangible. They feel controllable. They give the illusion of immediate clarity. But they are rarely the root. They are the entry point. As I explain in my work, presence is not about perfection, it's about alignment.

When alignment shifts internally, your external world is often the first place it shows up. The goal is not to react immediately, but to understand what your presence is pointing to. Because when you read the signal correctly, you stop trying to fix the surface and start recognizing where change is already happening.

Reflection

This is where you pause and take an honest look at where you are. These questions are meant to bring awareness to what's shifting beneath the surface, so you can begin to understand your current phase more clearly.

Q Where does your external life feel out of sync with how you feel internally?

Look at how you present yourself, your appearance, environment, or roles, and notice where it no longer reflects how you actually feel inside.

Q What are you tempted to completely change right now?

Notice where you feel the urge to overhaul your appearance, environment, or identity all at once, and what's driving that impulse. Pay attention to whether this desire is coming from misalignment or a need to quickly fix the discomfort you're feeling.

Q What specifically feels “off” when you show up day to day?

Pay attention to the details of how you present yourself, your clothing, energy, posture, or interactions and where they feel out of alignment with how you feel internally.

Action

This is where awareness turns into movement. These prompts are designed to help you take a grounded next step, not by forcing change, but by responding to what you now recognize with more clarity and intention.

A Don't throw everything away. Edit instead.

You don't quit your job, change your whole look, and start over overnight. You start smaller. You stop wearing the outfits that don't feel like you, even if they're easy. You change how you spend your mornings. You say no to one plan you would've forced yourself to go to before.

A Pay attention to what does feel like you right now.

Identify the pieces of your appearance, environment, or behavior that still feel aligned and authentic to you. You notice what you naturally gravitate toward, what you wear, how you spend your time, who you feel relaxed around. Instead of overthinking it, you follow that.

A Experiment with small shifts in how you present yourself.

You pause before responding. You say what you actually mean, even if it's simple. You choose something to wear that feels more like you today. You're just paying attention to how it feels to show up differently.

Q&A WORKSHEET

[illegible]

HOW YOU
SHOW UP
ISN'T THE
PROBLEM.
IT'S THE
CLUE.





CHAPTER THREE

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PURPOSE

Understanding What Matters Now

CHAPTER THREE

3

PURPOSE

As awareness deepens, a different kind of questioning begins. This is where you start reevaluating what actually matters to you. The goals you've been working toward may no longer feel aligned, and the version of success you've been chasing may not resonate in the same way. You may find yourself questioning not just what you're doing, but why you're doing it.

This stage can feel disorienting because it challenges what once felt certain. But it is not a sign that you are lost. It is a sign that something within you is recalibrating. Purpose is not something you find once and hold onto forever. It evolves as you do. What once mattered made sense for who you were at that time. What matters now reflects who you are becoming.

As I explain in my work, presence may be what people see first, but purpose is what gives it meaning it's the why beneath how you show up. Without that connection, even the most put-together version of yourself can begin to feel hollow or disconnected.

CHAPTER THREE

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PURPOSE

This phase is not about creating a completely new identity. It is about recognizing what is already true in your current season. It requires honesty. Letting go of what no longer feels aligned. Questioning what you've outgrown. And allowing your definition of success to shift without rushing to replace it.

You may notice this showing up in small, tangible ways. Your wardrobe may start to feel like it belongs to a different version of your life. Your routines may feel disconnected from what you actually need. Your days may look full, but feel empty. These are not random frustrations. They are reflections of something deeper asking to be acknowledged.

Purpose is not something you force into clarity. It reveals itself through what continues to pull at you, what holds your attention, and what feels meaningful even when it doesn't make logical sense. The more honest you are in this stage, the clearer your direction becomes, and that clarity is what begins to guide your decisions.

Reflection

This is where you pause and take an honest look at where you are. These questions are meant to bring awareness to what's shifting beneath the surface, so you can begin to understand your current phase more clearly.

Q What are you currently pursuing that no longer feels aligned?

Look at the goals, or commitments you're actively working toward and notice which ones feel disconnected from who you are now. Pay attention to where you're continuing out of habit or obligation rather than genuine alignment.

Q What feels meaningful right now, even if it doesn't make logical sense?

Notice what naturally draws your attention, interest, or energy, even if you can't fully explain why. Pay attention to what feels quietly important to you, regardless of whether it fits your previous plans or expectations.

Q Where are you holding onto an outdated definition of success?

Reflect on the standards or goals you've been measuring yourself against and whether they still feel meaningful to you. Notice where you may be chasing a version of success that belongs to who you used to be, not who you are now.

Action

This is where awareness turns into movement. These prompts are designed to help you take a grounded next step, not by forcing change, but by responding to what you now recognize with more clarity and intention.

A Start making decisions based on alignment, not obligation.

Begin choosing based on what feels genuinely aligned for you now, rather than what you think you should do. You're about to say yes out of habit but you pause. It doesn't feel right, so you say no.. It's a small shift, but it feels more like you.

A Reevaluate how you spend your time and energy.

Take an honest look at how your time and energy are currently being spent and whether it reflects what matters to you now. Notice where adjustments can be made to better align your daily life with your evolving priorities.

A Let yourself outgrow what no longer fits.

Give yourself permission to release roles, goals, or expectations that no longer feel aligned with who you are now. Trust that outgrowing something is a natural part of evolution, not something to resist.

QUOTE



Purpose isn't something you
choose once.
It evolves as you do.



QUOTE

CHAPTER FOUR

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POWER

When you begin to trust yourself

CHAPTER FOUR

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POWER

Power is not about having everything figured out. It is not about feeling confident in every moment. It is about self-trust. It shows up in the decisions you make when you stop second-guessing yourself. It shows up when you begin honoring what you already know, instead of looking outside of yourself for confirmation.

This is where the transition becomes visible. Not because everything changes overnight, but because you begin showing up differently. Your choices start to reflect what has already become clear internally. You stop over-explaining. You stop waiting. You begin moving in alignment, even when it feels uncomfortable.

As I explain in my work, power isn't something you force.. It's what happens when your presence and your purpose begin to integrate, it's the internal strength that comes from living in alignment with who you are and why you're here.

This stage often requires letting go of how you previously defined yourself. Not becoming someone new, but allowing yourself to fully step into who you already are. That shift can feel subtle, but it changes everything.

Power doesn't always feel loud. Sometimes it looks like choosing yourself in small moments. Saying no without over-explaining. Trusting your instinct before asking for input. Taking action without needing certainty.

The more you practice that, the more grounded you become in your own decisions. And once you experience that kind of self-trust, you begin to move through your life differently.

Reflection

This is where you pause and take an honest look at where you are. These questions are meant to bring awareness to what's shifting beneath the surface, so you can begin to understand your current phase more clearly.

Q Where do you already know what needs to change?

Notice the areas in your life where the answer feels clear, even if you've been avoiding acting on it. Pay attention to where you feel a quiet sense of knowing beneath hesitation or fear.

Q What decisions are you avoiding because they feel uncomfortable?

Identify the choices you've been putting off and notice what makes them feel uncomfortable or difficult to face. Pay attention to where avoidance may be keeping you from acting in alignment with what you already know.

Q Where are you waiting for permission you don't actually need?

Notice where you're holding back, waiting for validation, approval, or the "right time" before moving forward. Pay attention to where you already have enough clarity to act, even without external permission.

Action

This is where awareness turns into movement. These prompts are designed to help you take a grounded next step, not by forcing change, but by responding to what you now recognize with more clarity and intention.

A Make one promise to yourself this week and keep it.

Choose something small that reflects who you are becoming, and follow through on it as a way to build trust in your own decisions.

A Practice trusting your initial instinct.

Pay attention to your first response before overthinking takes over, and begin acting on it in small ways instead of immediately second-guessing yourself.

A Stop explaining your choices to people who don't require an explanation.

Notice where you feel the need to explain or justify your decisions, especially to people who are not directly impacted by them. Begin allowing your choices to stand on their own, trusting that you do not need external validation to move forward.

INSPIRATION QUOTE

Q

“Power is the moment you
stop asking and start
choosing.”

Christina Stein

CLOSING



Presence reveals who you are.
Purpose clarifies what matters.
Power is the courage to live it.
You will move through these phases more than once.
Every time you grow.
Every time your identity expands.
Every time your life no longer reflects who you've become.
This isn't a one-time process.
It's a pattern.
And once you recognize it, you stop fearing change.
You start understanding it.

THANK YOU!

Thank you for taking the time to slow down and reflect through this work. That alone matters more than you think.

I've seen what happens when someone chooses to meet themselves with intention, and a real desire for something more.

This work is effective because you're willing to show up for yourself in a different way.

Change is inevitable. It will find you whether you're ready or not. But how you meet it that's where everything shifts. That's where growth becomes something you move through with steadiness instead of resistance.

My hope is that this gave you a moment to see yourself more clearly and to trust that you're already on your way forward.

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READY TO GET STARTED?

If you're in the middle of a transition and want support navigating it, this is the work I do.

We will move through your own version of Presence, Purpose and Power™

I'm not here to tell you what to do, I partner with you to help you see your transition more clearly and move through it with intention.

You can learn more or apply to work with me at the link below.

[GET IN TOUCH](#)

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