

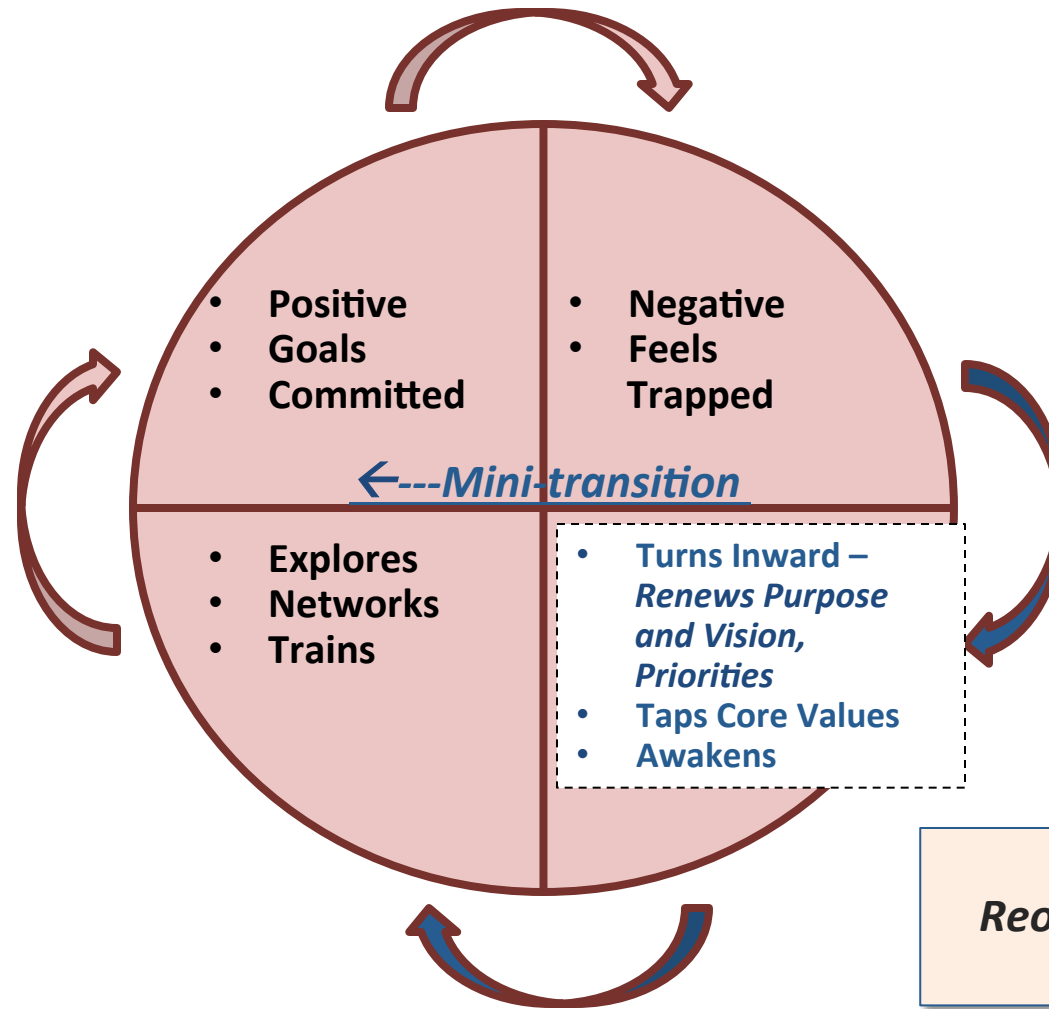
# The Renewal Cycle

**Phase 1:  
Going for It!**

**Phase 2:  
Doldrums**

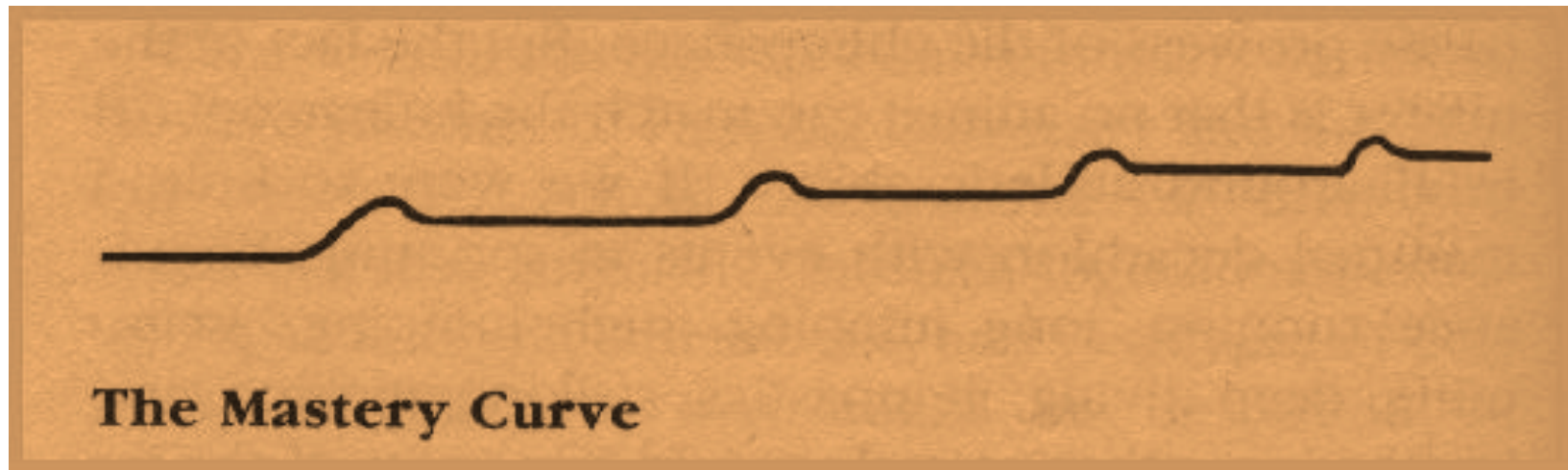
**Phase 4:  
Getting Ready**

**Phase 3:  
Cocooning**



*Life Transition: Personal  
Reorganization and Revitalization  
“Full Out Renewal!”*

# What Aids the Renewal Cycle?



## The Path of Practice

George Leonard