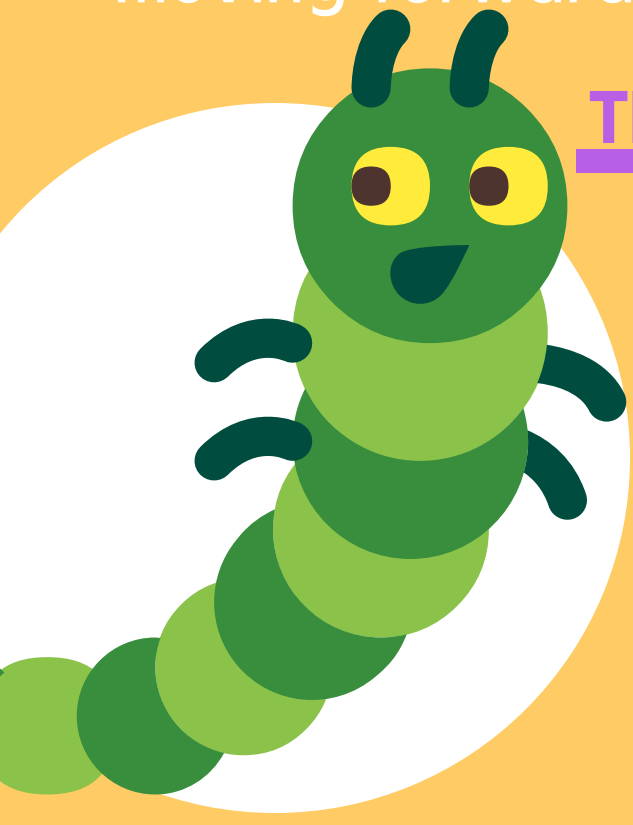


# "COPE" ING WITH TRANSITIONS LIKE A BUTTERFLY

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Transitions are changes to predictable patterns that we find comforting, but are an essential part of learning, growing, and moving forward in life.



## THE HUNGRY CATERPILLAR

Nourish yourself with experiences. You can learn from everyone you meet. Challenging or easy-ALL are important food for your future form.

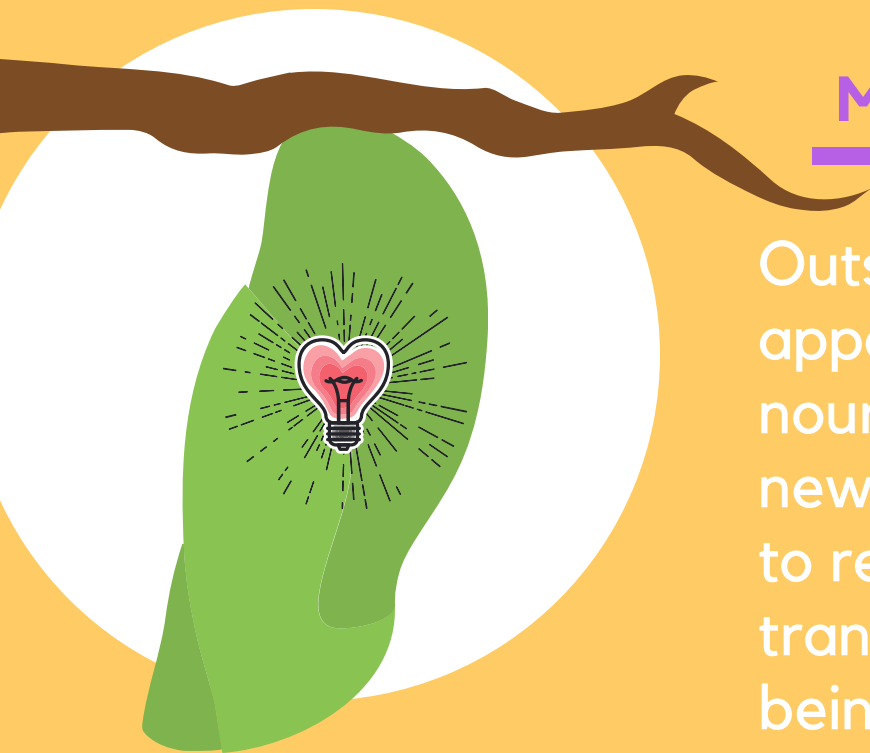
## COCOONING

Retreat, rest, and practice self-care. Enjoy the flow of creativity and inspiration that comes from a place of quiet contemplation.



## METAMORPHOSIS

Outside appearances may appear unchanged, but nourishment from those new experiences and time to retreat and rest, transforms us into a new being.



## BEAUTIFUL BUTTERFLY

Emerging from its cocoon, wings have formed, leaving behind the old way of doing things. The butterfly is now ready to move forward with courage, sharing its beauty with the world.

