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WORKSHEET-ON NAVIGATING TRANSITIONS

This worksheet is designed for individuals in transition—whether they are navigating a move to a new country, a shift in life stages, or a journey of self-discovery. It draws on the narrative's themes of ancestry, place, bicultural identity, and the struggle between external expectations and the authentic self.

Here is a structured, reflective worksheet you can share or use for your own workshops.

Navigating Transitions: The Shorelines of Identity

Transitioning through different phases of life, cultures, or generations can often feel like standing between two worlds. This worksheet is designed to help you sift through the different layers of your identity, honoring where you come from while embracing where you are going.

Part 1: "Not One, Not Two" – The Shoreline of Self

"When I hold a calligraphy brush, I know I cannot remove my father from my hand. I cannot remove my mother or my ancestors from me." — Thich Nhat Hanh

In Buddhism, the concept of "Not One, Not Two" teaches that the boundary between us and our ancestors is not a wall, but a shoreline. We are our own distinct ocean, yet the waters blend.

Reflection Prompts:



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1. **The Gestures of Ancestry:** Think about your daily habits. In what small, everyday ways do you notice your parents, grandparents, or ancestors living through you? (*e.g., the way you hold a cup, a pause before speaking, a recipe you cook*)

○ *Your Answer:*

○ *Your Answer:*

2. **The Shoreline:** What is one trait or value you have inherited from your family that you cherish, and what is one trait you have consciously chosen to do differently?

○ **I cherish and carry forward:** _____

○ **I have reshaped for my own journey:** _____

Reflection Prompts: Examples from Text

The Gestures of Ancestry: Think about your daily habits. In what small, everyday ways do you notice your parents, grandparents, or ancestors living through you? (*e.g., the way you hold a cup, a pause before speaking, a recipe you cook*)

○ *Reading journal*

○

○ *The art of writing letters*

○



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The Shoreline: What is one trait or value you have inherited from your family that you cherish, and what is one trait you have consciously chosen to do differently?

- **I cherish and carry forward:** _____ Morning walks
-
-
- **I have reshaped for my own journey:** By doing walking meditations, elements meditations and adapting the serenity prayer in these walks.



Edwards Garden, Toronto. Around Mother's day-2026



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Part 2: Anchors in Time and Place 🌳

The physical spaces we inhabit—like a rock garden in 1970s Poona or a walking trail in Wilket Creek—hold the memories of our transitions. Moving from middle school to high school, or from one country to another, requires physical and emotional grounding.

Mapping Your Landscapes: Take a moment to map the important places in your life and what they represent in your journey of transition.

Life Phase / Era	A Place of Memory (City, Park, Home)	What this place taught me about myself
Childhood / Roots		
A Major Life Shift		
Current Reality		



Lodhi Gardens-Delhi-A thinking place of our family-Four generations of our family have walked this place



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Earlier perspectives



2014 Notes from Lodhi

[Notes with my uncle | Prashant Bhatt's notes](#)

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