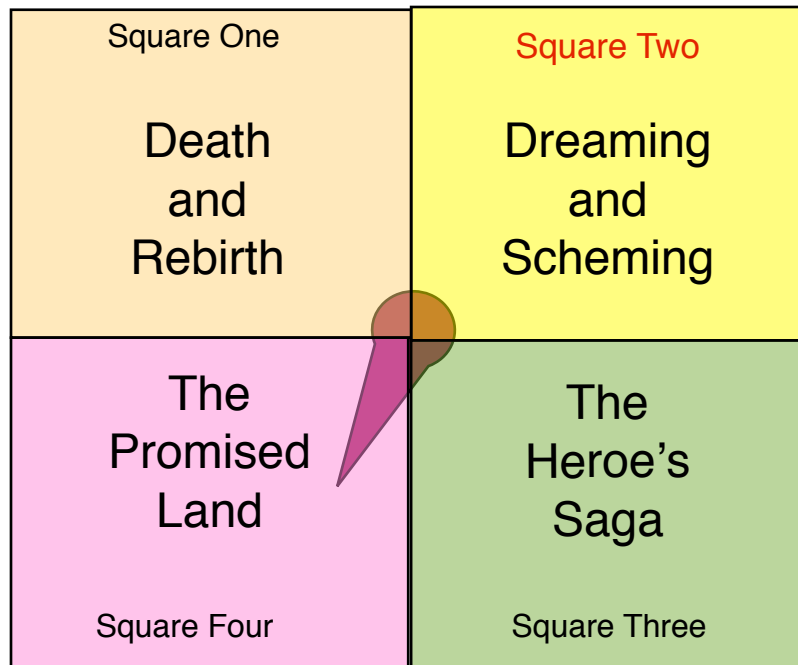


Square Four

The Promised Land



Square Three is a like crawling out of your chrysalis and waiting for your crumpled, soggy wings to dry and expand. Square Four is the payoff, the time when your new identity is fully formed and able to fly. You may sustain this new identity for some time, and have a great time doing it. The strategies that optimize this delightful situation are about fine-tuning, not drastic transformation. Here are some:

- 🎧 Enjoy! You've just negotiated a scary and dramatic transformation, and you deserve to savor your new identity. Spend time every day focusing on gratitude for your success.
- 🎧 If it ain't broke, don't fix it. There's no need to make major changes at this point. Don't leave your current situation until you have to. Make small improvements. Find little ways of making your new life a bit less stressful, a bit more pleasurable.
- 🎧 Know that another change is just around the bend. There's no way to predict how long you'll stay in Square Four; maybe days, maybe decades. Don't attribute your happiness to your new identity security lies in knowing how to deal with metamorphosis, whenever it occurs.

Buddhist nun Pema Chodron once told a mentor that she was upset because she was changing jobs and moving, and that she had trouble with transition. He gave me this kind of blank look, Chodron writes, and then said, "We're always in transition." Once you relax with that, you'll be fine. This is true for all of us. The process of metamorphosis is scary and sometimes painful, but it is also the way to experience wonderful new adventures we weren't even able to imagine in our caterpillar|| identities. Accept the process: care for yourself, dream big, work hard, and keep learning. Then don't be surprised when one morning, you wake up to find that you have wings.