

n moving through this workbook, you have begun to explore the transition from AmeriCorps service to your next step. Perhaps you're feeling a bit more clear about what your next step, or steps, might be—getting more education, seeking employment, starting your own business or community-based organization, reenrolling for another year of AmeriCorps, doing nothing, or some combination of these.

Remember that any transition begins with an ending, followed by a time of uncertainty, and ending with a new beginning. Try not to fear the period of uncertainty. Instead, use it to your best advantage by accepting it and working through it.

No matter what you eventually decide to do next, the self-assessment portion of the workbook can be helpful to you now. If you haven't worked through that section of Part 5, please do so before you make any decisions of a serious nature. Take stock of who you really are and what you have to offer.

Although you may be tempted to coast through decisionmaking about your next step, try to face the task head on. If you get stuck, ask those around you to help you get unstuck. Think long and hard about where you're heading with your life. Without such reflection, you may find yourself spinning your wheels or making impulsive choices that don't work for you. Take this opportunity to investigate who you are, where you are, and where you want to go.

You have seen that this workbook functions rather like a menu, allowing you to pick and choose the sections you wish to focus on. Don't move on without reading "AmeriCorps and You" and "Continuing to Serve," as those sections apply to all AmeriCorps members. You may even find yourself referring to sections from time to time as your future unfolds. And perhaps, at a later point, you will want to address other sections of the

workbook that seem less important to you now.

Above all, be good to yourself by taking full advantage of opportunities to learn and serve at your next stop in life. Learning and serving are cornerstones of a satisfying life. any transition begins with an ending, followed by a time of uncertainty, and ending with a new beginning