

# CONTENTS

<b>This Book Was Written for You</b>	<b>9</b>
<b>Acknowledgments</b>	<b>11</b>
<b>The Goal of This Book</b>	<b>13</b>
<b>Part 1 The New Call</b>	<b>15</b>
Chapter 1 A Little Nudge	17
Chapter 2 It All Starts with a Story	21
Chapter 3 Wrestling with the Tension of Potential Change	27
Chapter 4 Ask the Question: Should I Go?	37
Chapter 5 Responding to the Answer	43
<b>Part 2 Saying Goodbye—Saying Hello</b>	<b>55</b>
Chapter 6 It's Time to Leave	57
Chapter 7 The Arrival: Welcome!	63
Chapter 8 New Relationships, New Place, New Everything	67
<b>Part 3 What's Next</b>	<b>75</b>
Chapter 9 Developing a Healthy Rhythm in Your Life	77
Chapter 10 Programs and Structure: What to Do with Them	83
Chapter 11 Essential Teams to Surround Yourself With	87
<b>Part 4 Hope for the Future</b>	<b>93</b>
Chapter 12 Set Up a Strong Foundation	95
Chapter 13 Say This with Me: Practice the Long View	99
Chapter 14 Practices that Help Sustain Longevity	105
<b><i>In Transit</i> Final Thoughts: What Are You Known For?</b>	<b>109</b>
<b>Appendix A The Interview</b>	<b>111</b>
<b>Appendix B Being a Candidate</b>	<b>117</b>
<b>Appendix C Sample Resignation Letter</b>	<b>121</b>
<b>Resources</b>	<b>123</b>