

The In-Between: What No One Tells You About Becoming an OT Practitioner.

My Reflection and Transition Plan

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Use this page to reflect on your current transition and choose a manageable next step. Revisit it as your needs change. Share only what you feel comfortable sharing.

Name (optional): _____ Today's date: _____ Date to revisit my plan: _____

1. WHERE AM I RIGHT NOW?

Circle my current stage: Graduation / Board preparation / Licensure / Job search / Beginning practice / Another transition

- One word that describes how I feel:
- What feels hardest or needs clarification?
- A strength or past experience I can draw on:

2. WHAT WILL HELP ME STAY GROUNDED?

- One meaningful occupation or routine I want to protect:
- How will I make room for it?
- What will keep me motivated?

3. WHO CAN I TURN TO?

- Someone I can contact for encouragement:
- Someone I can ask for learning or professional guidance:
- One person I will reach out to, what I will ask, and when:

4. WHAT AM I WORKING TOWARD?

- One specific goal for my current stage:
- My first small step:
- When I will take that step:
- A professional value I want to carry forward:
- One resource or community I want to explore, such as a mentor, OOTA, or AOTA:

5. WORDS I WANT TO CARRY WITH ME

Use this blank space for a positive quote, personal reminder, or encouraging words from someone I trust.

Own your journey!

You deserve support while becoming the practitioner you want to be.