



The Trans People's Planner

Planning Brochure

EVOLVE
— FROM —
BECOMING
— TO —
WELL-BEING

www.2bTrans.com

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TRANZSCRIPT

Welcome to TranzScript®, a guide for Trans People to creatively transform their lives and live purposely. The emergence of the Transgender Movement has increased awareness and support world-wide. The Human Rights Campaign finds that 1 in 100 people in the U.S. are Transgender— meaning an estimated 6 million Transgenders are in various stages of transitioning.

While the number of transgender continues to rise, planning and continuous monitoring will become crucial steps within the transformation process. TranzScript® delivers *TransPlanning Principles* to guide one through a life-long journey of becoming their true self. TranzScript is based on the author's personal experiences of what it takes to plan, manage, and sustain one's identity transformation, regardless of age and transition stage.

PLAN YOUR TRANSITION NOW!

Whichever phase of your transition or stage in life you are in, using the TransPlanning process will give you a stronger conviction, allowing you to fully realizing hidden capabilities and your true identity.

TranzScript, the brochure version includes:

- An introduction to new principles called, “*The TransPlanning® Principles*” that embraces a Trans’ spiritual, emotional, social and physical transformational journey;
- Planning exercises to help you prepare for a transition.

READ each phase description and write down your action notes. Keep the brochure with you as a reference to planning your detailed transformation goals. Visit our website for updated guidance on transitioning.

Evolve On!
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TRANSPLANNING PRINCIPLES

The essential TransPlanning® Principles are centered on the belief that we can transcend obstacles to achieve our life goals and discovering our life's purposes. These *Principles* can be used as a template to keep you on track defining who you are, and supporting you to live life as your true self!

Grouped into four fluid phases, the *TransPlanning Principles* can be followed and revisited in any order as needed; they are **Awakening, Discovery, Transformation, and Maturity**. Each phase is described below and includes thought provoking questions and instructions. Write your thoughts in the space provided as “Action Notes”.

PHASE 1: AWAKENING — The first phase in *TransPlanning Principles* is focused around self-awareness. Determining your readiness to transition will aid in establishing your near and long-term goals. Read the questions below and write your action notes.

1. What do you want to accomplish by transitioning?
2. What are your near & long-term goals to become your true self?
3. What steps are necessary to prepare for transitioning?

Action Notes: _____

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

TRANSPLANNING PRINCIPLES

PHASE 2: DISCOVERY — The *Discovery Phase* of *TransPlanning* aims at preparing you to make decisions about your transformation. The best way to approach this is to conduct research on all aspects of transitioning.

Action Notes: *What do you need to know about transitioning? Think about risks, surgery, surgeons, health insurance, hormone therapy, financial costs, etc.*

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TRANSPLANNING PRINCIPLES

PHASE 3: TRANSFORMATION — The *Transformation Phase* is where all of your previous work of self-evaluation, planning, research, and preparation activities become actionable.

Follow these action steps to accomplish your goals:

- 1) Plan, execute, and evaluate
- 2) Begin/continue transition
- 3) Evaluate, adjust, and stabilize.

Action Notes:

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TRANSPLANNING PRINCIPLES

PHASE 4: MATURITY – After you have accomplished your major goals, it is time to settle into your new life comfortably. A balanced life will take commitment, and you will develop further with experience over time.

Well Done!

Action Notes: *What are your goals to establish and sustain a balanced life?*

HAVE QUESTIONS? CONTACT US:

Email: 2btransinfo@gmail.com

Website: www.2bTrans.com

World Professional Association for Transgender Health (WPATH) - Standards of Care,
Free downloadable PDF @ www.wpath.org

Human Rights Campaign, www.hrc.org

(World-wide) LGBT Centers

Life Visioning, [Unabridged] [Audible Audio Edition] by Michael Bernard Beckwith
(Author, Narrator)

Emotional Intelligence 2.0, by Travis Bradberry and Jean Greaves

Nonviolent Communication: A Language of Life, by Marshall B. Rosenberg and Arun
Gandhi

The Charisma Myth, by Olivia Fox Cabane If Life is a Game, These Are the Rules, by
Cherie Carter-Scott

Qigong for Stress Relief (DVD), Francesco Garripoli and Daisy Lee-Garripoli
www.gaiam.com

