After the Uniform

A reflection sheet for naming what changed and what is still becoming.

Most things about post-uniform life do not have language ready for them. Naming the parts of it; what was lost, what surprises you, what is still emerging; is part of how you find your footing again. Take whatever time you need with these prompts. There is no order you have to follow.

Branch · Years served · Role (optional)

What I left behind

What I miss most

After the Uniform (continued)

What surprised me about civilian life

What I am building now

What still needs naming

Book a free 15-minute consult

A free, 15-minute call with Sean, a Canadian Certified Counsellor. No pressure, just a conversation.

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A review of these free tools is public and optional, so no pressure, especially if you're a current client.

Educational content; not a substitute for therapy. If you are working through something significant, consider connecting with a counsellor or your family doctor.