

Beyond Sundays—Participant Handout
UU Fellowship of Storrs | Rev. Dianne M. Daniels, Consulting Minister
Session 5, January 27, 2026: Transformation

Welcome

Today, we explore transformation not as sudden reinvention, but as a living process—one shaped by awareness, intention, and small, meaningful actions aligned with our deepest values.

Guided Journaling Prompts

Use these prompts for quiet reflection during the session or return to them throughout the month. Write what feels honest, not what feels polished.

- When you think about personal transformation, what feelings arise first for you—hope, resistance, curiosity, fear, or something else? What might those feelings be telling you?
- Where in your life are you currently *considering* change rather than *fully deciding*—and what has made that decision difficult to claim?
- How might having a clearer vision of who you are becoming help you stay grounded when change feels slow, uncertain, or uncomfortable?
- What limiting beliefs about yourself or your possibilities may be shaping your choices right now? How do those beliefs affect your willingness to act?
- If you were to focus on one area of your life for transformation this month, what would it be—and what intentional decision would support that change?
- How could you notice or measure progress gently, without judgment, simply to honor growth as it unfolds?

Affirmations

Read these slowly. Choose one or two to return to during the month ahead.

- I am capable of meaningful change, one intentional step at a time.
- I honor my readiness for transformation and trust my own timing.
- I release beliefs that limit my growth and make room for new possibilities.
- My actions, however small, align me more fully with who I am becoming.
- I meet discomfort with curiosity, knowing it is often a doorway to growth.
- Transformation unfolds through persistence, compassion, and care for myself.

Transformation-in-Action February Practice Plan

Transformation becomes real when reflection turns into intentional action. Each week offers a gentle focus—an invitation, not an obligation.

Week 1: Recognition — Becoming an Active Participant

Notice where you are choosing and where you are reacting or drifting.
No fixing—just awareness.

Reflection:

Where in my life do I feel most intentional right now?
Where am I letting life “happen” rather than shaping it?

Week 2: Personal Action — One Chosen Step

Action is the catalyst for change.
Choose One Small, Intentional Action. Keep it simple and doable.

Reflection:

What action feels honest—even if slightly uncomfortable?
How does this action reflect/align with who I am becoming?

Week 3: Ripple Effects — Beyond the Self

Consider how your actions affect others. Act with Awareness of Impact
Choose one action that supports connection, care, kindness, or justice.

Reflection:

What ripples might my actions be creating beyond what I can see?
How does my transformation serve something larger than myself?

Week 4: Embracing Discomfort — Growth at the Edge

Discomfort is not a sign of failure—it’s a sign of growth. Notice moments of discomfort, uncertainty, resistance, or vulnerability, and meet them with curiosity rather than avoidance.

Reflection:

What is this discomfort inviting me to learn or release?
What discomfort am I ready to meet with curiosity rather than fear?
How has discomfort already shaped my growth in the past?

Closing Integration (February 2026)

As February comes to an end, reflect on the following:

- What shifted, even slightly?
- What actions felt most aligned?
- What do you want to carry forward into March?

Transformation is not measured by dramatic change—but by **intentional living, practiced over time.**

Closing Blessing

May you move forward from this gathering trusting that transformation does not demand perfection—only presence.

May you honor your readiness, your courage, and your capacity to choose again and again.

May your actions, however small, reflect the values you hold dear.
And may love—steady, patient, and wise—guide you as you become ever more fully yourself.

Amen. Blessed be. May it be so.

Thank You for Joining Us!

Beyond Sundays is a monthly 45-minute Zoom gathering, held on Tuesday evenings during the 4th week of each month. Together, we explore the UU Values and support each other in living them day by day.