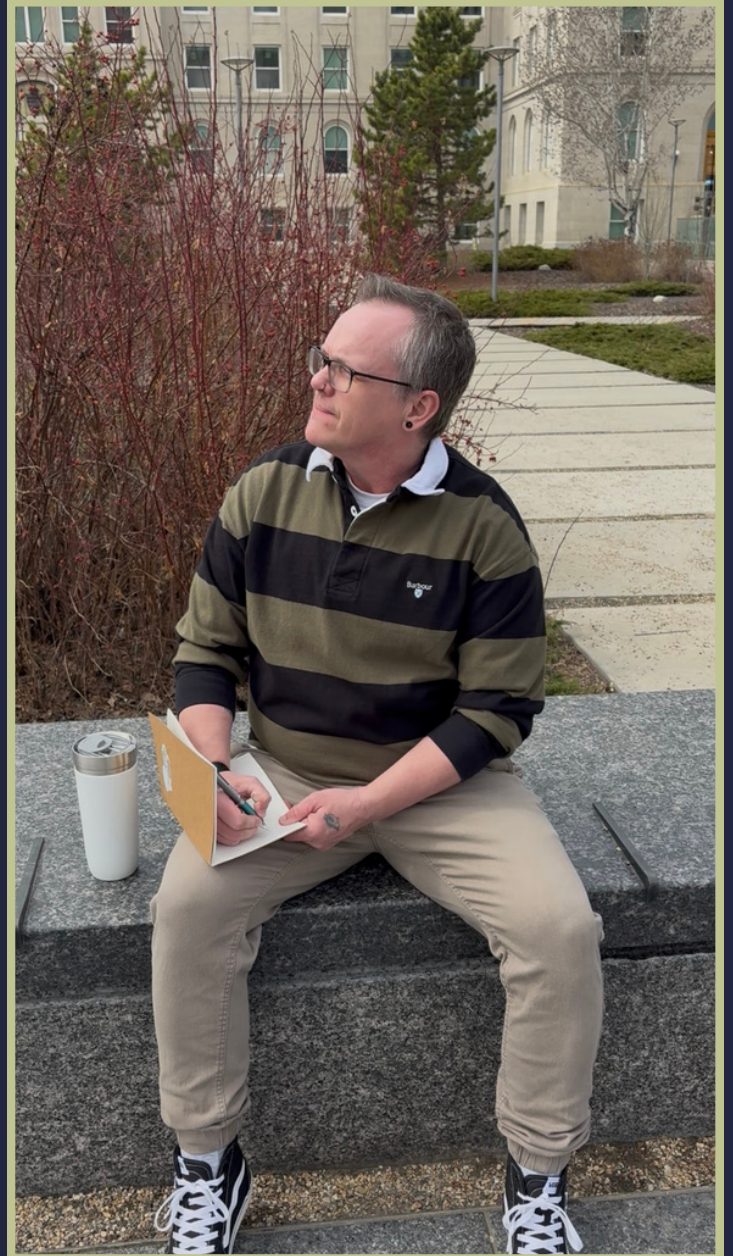


I Know. Now What?

5 Questions for After
You've Named It.

*For anyone navigating
identity, love, or belonging*



Dean Rasmussen
Queer Transgender Life & Business Coach

If you're reading this, chances are you've already had your own version of the moment, the one where something you'd been carrying quietly suddenly had a name. Maybe someone asked you a question you weren't ready for. Maybe you asked yourself. Maybe it's been building for years. However it arrived, you know. This isn't for the question of whether it's true, you've already sat with that one. This is for what comes after.

1. Where Are You, Really?

There's a difference between "I'm still figuring out if this is true" and "I know it's true, and now I'm figuring out what to do about it." You don't have to know your next step to be past the first question.

Sit With This: What's the actual thing you're afraid of right now? Is it the truth itself, or what the truth might cost you?

2. Are You Becoming, or Are You Aligning?

I wasn't transitioning to become a man. I already was one, the world just hadn't seen me that way yet. That's not only a trans story. It's true anytime you've been living as one version of yourself while something else was already real underneath, your sexuality, a relationship structure, a name, a faith. "Becoming" implies you're building a performance from scratch. "Aligning" means the outside finally catches up to what was always true.

Sit With This: Where in your life are you still performing for an audience, instead of letting yourself be seen?

3. Growth Hard or Performance Hard?

Growth Hard is discomfort with an end in sight, it tends to get easier with time. Performance Hard comes from spending energy trying to earn approval that was never coming, it doesn't get easier, it just costs you, over and over.

Sit With This: Pick one thing that's weighing on you right now. Which column does it belong in?

4. What's One Small Step?

You don't need a five-year plan today. You need one small step. Something low-stakes. Something that's just for you.

Sit With This: What's one small thing you could do this week that moves you a little closer to living as yourself, out loud, even in private?

5. Who's Actually Walking With You?

You don't have to figure this out alone, and you don't have to earn the right to ask for support.

Sit With This: Who in your life is worth the effort of growth hard, and who have you been mistakenly spending yourself on in the performance hard column?

Where This Goes From Here

Naming all of this is the first part. Building an actual life around it, one that's yours, not scripted for you, is the next part. If you're ready for structure, for a next step, for someone to walk alongside you while you figure out the “now what,” that's exactly what I help my clients with.

[Schedule a Free Consultation](#)



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