

Makeup, Lipstick and Lace Transition Notes and Diary

My Personal Transition Diary

Use this diary along with the Transition Sequence List to plan your transition. Your transition may take years, but this diary can help keep you on track. The pages are set up to be placed in a notebook, so you can add pages and make your transition experience memorable. You can make multiple copies of page 6 to add to your diary.

The Personal Diary of _____

1. The support group I joined is: _____

My thoughts _____

2. My Electrologist is: _____

My electrolysis start date is: _____

My thoughts _____

3. The weight loss method have I chosen to address the extra pounds is: _____

My weight loss goal is: _____ by _____.

My thoughts _____

4. My therapist is: _____

My therapy start date is: _____

I go for GID testing on (optional): _____

I get my HRT letter on: _____.

My thoughts _____

5. My doctor is: _____

I start Hormones on: _____.

My thoughts _____

6. I started my new look on: _____

I plan to change my look by: _____

My thoughts _____

The steps I plan to use to change my voice are _____

I plan to change the words I use by substituting (this word for that word): _____

My thoughts _____

7. The first day I plan to go out dressed as the new me is: _____.

My thoughts _____

My first day out was _____ and I feel _____

People treated me _____

My thoughts _____

Remember to avoid isolated places, especially after dark!

8. I am watching my mannerisms and posture and noticed: _____

I still need to work on: _____

My plan to fix it is: _____

_____.

9. I am being true to myself by: _____

I told my family on: _____

My family's reaction was: _____

My thoughts _____

10. I will start my name change on: _____.

I got my DMV DL328 _____.

My doctor filled it out _____.

I went to DMV and got my new license _____.

I went to Social Security and got my new SS card _____

My thoughts _____

I went into a bathroom for the first time as me on: _____.

My thoughts _____

11. I plan to change my name with these companies first: _____

12. I opened a new checking and savings account on: _____.

The people treated me: _____

13. I applied for a new credit card in my new name on _____.

My thoughts _____

14. I spoke to personnel about transitioning on the job on: _____.

They said _____

They need from me _____

I will supply literature to them _____

Someone will speak to my coworkers on _____.

I go full time on: _____

My thoughts _____

15. I researched surgeries for _____

I am interested in these surgeries and surgeons: _____

I started my surgery savings on: _____.

My savings goal is _____.

16. I scheduled my first surgery or procedure on: _____.

I am having: _____

The Surgeon said _____

My thoughts _____

The second surgery I plan to have is _____

My savings goal is _____.

I scheduled my second procedure for _____.

The Surgeon said _____

My thoughts _____

17. I applied for my court name change on: _____.

Things to prepare for court _____

My thoughts _____

I applied for new birth certificate on: _____.

I got my new birth certificate on: _____.

My thoughts _____

Congratulations on Your Successful Transition,

Ms _____!
(Name)

