

I'm moving!

Brainstorm a list of things that you may lose or gain by moving. For every loss you write down try think of something you will gain!



My Losses	My Gains
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
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_____	_____
_____	_____
_____	_____
_____	_____

R: Repair



Repair means to forgive and be forgiven!

Think of specific people that you need to make relationship repairs with. Write down when you think you can do this. Making a plan is the first step in making repairs.

Relationships to Repair	My Plan for Action. When?

Remember that it's important that you clean out the old baggage so that you have enough space in your heart to build proper relationships in your new community!

A: Affirmation



Affirmation means to tell people in your life that your care about and appreciate them.

Think about the people around you and verbally communicate with them how important they are to you. People need to know how you feel about them.

Who? Who will I Affirm?	What? What will I say?	When? When will I say this?

Your family, teachers, neighbor, anyone in your life should hear your affirmations. Chances are that if you affirm someone, they may just say kind words back to you too!

	Home Culture	Cultural Blend	Non-Identity Culture
Moving to:	Moving to your home culture	Moving to a culture that you don't identify with (new-to-you culture)	Moving to culture that you identify with but isn't your own
Moving from:	Moving from your home culture	Moving from a culture that has become your own identity, to an familiar culture that	Moving from a culture that you don't identify with.

F: Farewell

Making a GOOD good-bye!

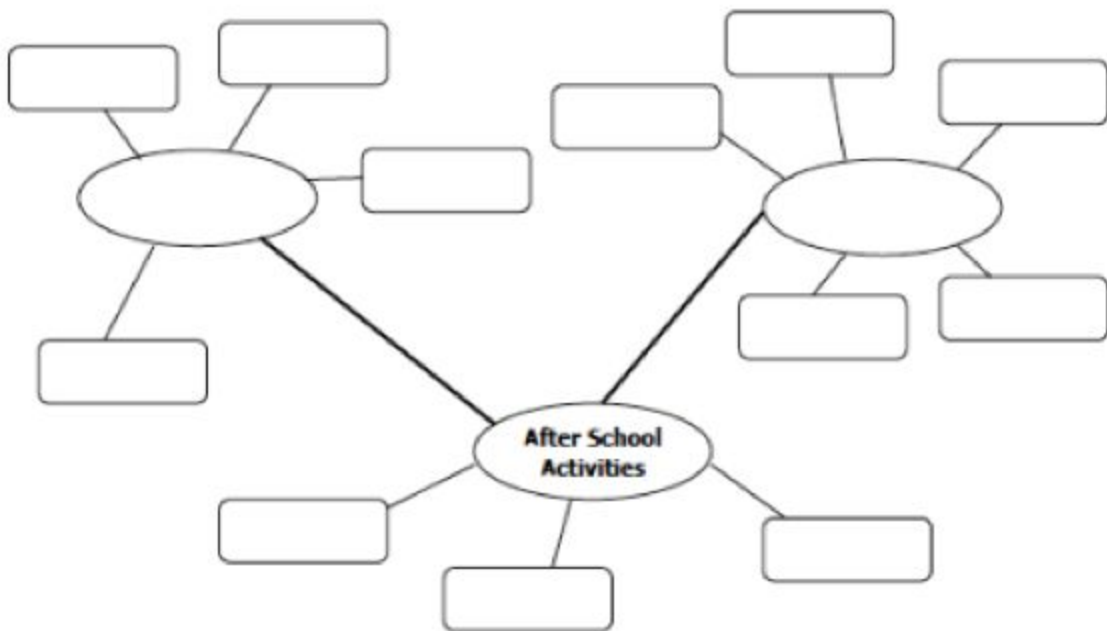
When you are getting ready to leave a place, it is important to have a proper farewell. You need to plan enough time for saying good bye not only with people but also to pets, possessions and even special places.

T: Think Destination



Start learning about your new home!

On the map below, brainstorm a list of things that you might need to research concerning your future destination.



Think about where you are going to move. You need to start learning everything about that place so that when you arrive you will have some idea of what it will be like.