

# THINGS TO DO TO CELEBRATE YOUR MOVE

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**YAY!** *You survived!*

You've prepped. You've moved. You've arrived.

You've connected. You've settled.

And you're still here to talk about it!

This is a big deal and is absolutely worth acknowledging. Here are three things you can do to mark the occasion.

- Be mindful of how far you've come since you first received that posting message
  - *Simply by taking a moment to pause and consider where you were and where you are now is a positive way to stop yearning for what was – it can anchor you in the present and give you the strength and confidence to move towards your new future*
- Celebrate yourself and your family
  - *Order a cake from that great local bakery you discovered with "WE ROCK!" written on it, or treat the family to a delicious dinner out at that fantastic restaurant your new neighbour recommended*
- Find someone else who is struggling and be their cheerleader
  - *You know what it took to get you here...now take everything you've learned and commit to helping someone else who's going through a move to connect and settle in*

**NOW it's time to THRIVE!**