

# How to Leave Well When You're Relocating





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When You're Relocating

## Hi there!

Are you getting ready to embark on your first relocation, move back home after a few years abroad, or set off on yet another international adventure?

No matter how many times we move, it doesn't change the fact that leaving is hard- both logistically and emotionally. This resource will help you with the personal and relational side of leaving your current home and getting ready to start in a new place.

The way that we leave a place can contribute to our happiness and sense of connection, leaving us with a positive sense of closure and readiness to embark on the next chapter of our lives. Or, it can leave us with guilt, regret, unresolved grief and damaged relationships, which often get in the way of a positive start in our new location.

This resource is the abbreviated version of the guidebook from our *Smooth Transitions* program, which walks you through the steps for a positive closure and transition so that you can feel a sense of peace, satisfaction and confidence as you mark the end of this chapter of your life and prepare to start the next one. We hope it's helpful to you!

It's worth it to put in the effort to intentionally "leave well."

Warmly,  
Shannon  
Founder, Thriving Relocation

"How lucky I am to have something that makes saying goodbye so hard."

~ A.A. MILNE, *Winnie-the-Pooh*

## Getting ready for your next big move?

As a team of professional life coaches specializing in relocation, who are also personally experienced with relocation, we can guide you with effective tools and skilled coaching to help you prepare for your move with ease, leave well, and set you and your family up for a smooth and positive start in your new location.

We provide individual support with leaving and the grief that comes with it, move planning guidance, and debriefing sessions in our *Smooth Transitions* program. Learn more at [www.thrivingrelocation.com](http://www.thrivingrelocation.com)



# The Four Elements to Leaving Well

## *People*

### Honoring relationships & saying goodbye

#### MAKE A LIST

List the people in your life that you'd like to say goodbye to: friends, family, neighbors, connections from school, work, activities etc.

#### EXPERIENCE

For close friends, what experiences do you want to have together before you go? What will be the last farewell gathering? (For some connections, an email or conversation may be all that's needed.)

#### SHOW APPRECIATION

What can you do to show your appreciation and gratitude for this person? (A gift, card, or action)

#### MAKE A PLAN

Make a specific plan for how you will keep in touch with each person. (Send photos, video messages, phone calls, emails, holiday cards, etc.)

## *Places*

### Closure with places and experiences

#### WRITE YOUR BUCKET LIST

What experiences, events, and places do you want to savor one last time? What experiences are still unfinished that are important to you?

#### CHERISH IT

How will you cherish and celebrate the special places or experiences? You could create a scrapbook, take a photo, buy a memento, or go with friends or family as a special "last time" event. Make a plan and put it in your calendar.

#### SAY GOODBYE TO YOUR HOME

Walk through each room of your home, ideally with the people you've shared your home with. Allow each person to share memories from that room. You could say a few words of gratitude or use a ritual that's meaningful to you.

## *Things*

### Mementos for yourself and others

#### FOR YOURSELF & YOUR FAMILY

Photo collections, items representing the culture/country, artwork, maps, clothing, recipes, or favorite products/spices from the location can help you treasure your memories from this place.

#### GIFTS FOR THOSE YOU'RE LEAVING

What meaningful items would you like to give to the people you are leaving behind? For example, a framed photo of you with your friend or a souvenir from a place you spent time together.

#### SPECIAL ITEMS

Are there unique cultural items from this place you'd like to give as a gift to family or friends? Is there anything you can only get in this place that you'd like to take with you?

## *Self*

### Self-reflection and personal closure

#### REFLECT

Take time to reflect on what this place and this time in your life has meant to you. What are your favorite memories? What were the hardest parts? What have you learned? Write in a journal, or talk about it with a friend, coach, or therapist.

#### GRIEF & GRATITUDE

It's important to allow yourself to grieve the people, places, and experiences you're leaving behind. We might also feel loss for "what might have been" if we had stayed, loss of our international life or identity as an expat. Our feelings of sadness, loss, and grief can also show us what we appreciate and value- and lead us to a sense of gratitude for the people and experiences we've encountered.