

BUILDING A RAFT*

R - RECONCILIATION: Take care of all unfinished business - conversations you did not finish, things you said but want to explain or take back. Ask forgiveness if you need to. Forgive others if needed.

A - AFFIRMATION: Express appreciation and love to people before you go.

F - FAREWELLS: Say goodbye to people, places, pets, and possessions.

T - THINK DESTINATION: Think about what you expect in your new home and setting. Prepare your mind for what lies ahead. What will it look like? Who will be there? Get ready mentally.

ADAPTING* includes unpacking!

Once you get there, unpack your mind!

A - ACTIVATE COMMITMENT: Learn to say, "I live here." Make a conscious decision to commit to where you are for the time you are there.

D - DEVELOP SUPPORT: Find mentors - people who will help introduce you to the culture of your new home. Look for them from the beginning.

A - ADJUST EXPECTATIONS: If where you go is NOT what you expected, then adjust your attitude and expectations.

P - PRIORITIZE GOALS: What are the main things I need to do here? Set goals for success in the main things.

T - TRANSPOSE IDENTIFY: You knew the answers for living where you were. Now, you may not for a while. You may have to be a LEARNER at first.

**RAFT and Adapt were developed by David Pollock. You may find them in many of his resources.*