



Personal Migration Plan Workbook

Successfully plan, prepare for and achieve your dream life in a new country

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FOREWORD

Throughout our emigration I remained motivated and determined to succeed. It is an exciting time, a new start in a new country. What opportunities and adventures were waiting? Keeping focused on the task in hand was hard sometimes, when there was so much to discover!



I was overwhelmed by the amount of information on emigration. I lacked the ability to identify what was important to me, and how I was going to get it. I needed someone to help me turn the information into decisions that were right for me. The advice I received was helpful, but did not apply to my circumstances. Family and friends were supportive, but understandably did not share my enthusiasm for wanting to move away.

We were very busy for the first few months after arrival, and then the enormity of what we had done sunk in. I was fed up with reading stories about successful expatriates who never appeared to feel down. Expatriates with great homes, financially better off, who were fulfilling all their dreams. “Well it wasn’t like that for me”, I missed silly things from home, I found it hard to get the energy to go out anywhere, and felt like I had no one to turn to. I did not want to keep boring my friends with moans about how I felt. I did not want to tell my family back home and feel like a failure. All that time wanting to be here, and all the effort to get here for what? Wanting to go home, but wondering what life would be like then, feeling confused and not knowing what I wanted. I spent so much effort in the ‘getting there’ once we arrived; I discovered I was not sure what came next.

With hindsight, I could have avoided or navigated many of those issues more easily. If I had prepared, identified exactly what I wanted, why I wanted it, how I was going to get it and planned for emigrating and beyond.

Forums are full of people, wanting to move back home, because they discovered what they really wanted. Use this Personal Migration Plan to make the right choices and decisions from the start.

Louise

INTRODUCTION



The Personal Migration Plan Workbook is a self help guide. For emigrants and expatriates to prepare and plan for emigration from initial thoughts, to settling in completely.

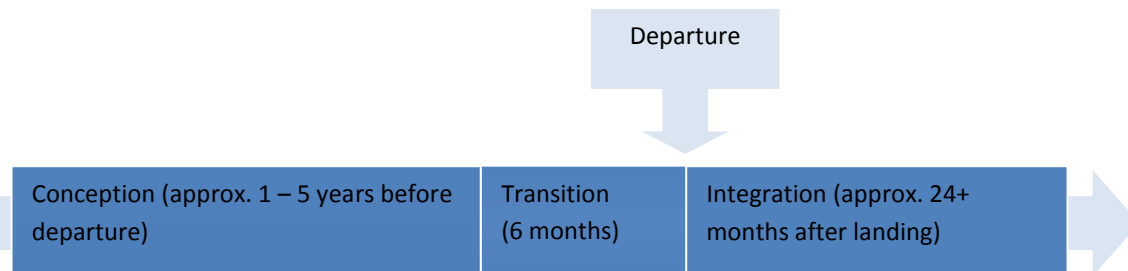
Moving from one country to another takes considerable time, effort, money and affects every area of your life. Getting the outcome you want, takes planning and detailed consideration. To ensure you don't waste your time, effort and money, think carefully about what you value, what you want, your strengths and limitations. Parts of emigrating will be easy to navigate, other parts difficult, or extremely challenging. Deciding on a country might be a difficult choice or it might be a simple decision. Expat life could be great and settling in easy or it can be a very lonely and difficult time.

The Personal Migration Plan can help you, whatever stage you are at, thinking about emigration, getting ready to pack, or already moved and are wondering what on earth you have done. You will create a migration plan personal to your circumstances with these practical tools and exercises. Highlight important issues and create solutions in your personalised action plan. Make difficult decisions, find alternative solutions to challenges and create strategies to overcome obstacles.

This workbook is not:

- a 'How to Emigrate' book, that gives you an easy route to emigrating
- a guide to emigrating to any specific country
- advice or information relating to applying for your visas

The personal migration plan breaks emigration into three phases. Use each phase as a separate module or complete them all. This time line illustrates the three main phases:



CONCEPTION PHASE:



From your first thoughts of emigrating, until you receive your visas and set your departure date. Timescale typically beginning 3 – 5 years before departure up to 12 – 6 months before departure. During the conception phase you will decide if emigration is the best option for you, research destinations, investigate visa options, and compile your application.

It is the ideal time to prepare and answer the big question of what you want from life. I can't stress enough how vital it is to be clear about what is important to you, and what you value in life. After all if you don't know, it's a big gamble moving to another country hoping it will give you what you don't know you want.

It is easy to get so focused on the emigration itself that you neglect the long term, getting there is just a step towards your life goals, not the main focus. On the subject of emigration an expat once said to me, "it's like saying that birth is the hardest part of living". Life goes on after emigration and you've got to live with it. You will collect and decipher information creating the underpinning knowledge to support your successful emigration. Take the idea and turn it into a real future you can see happening.

TRANSITION PHASE:



From getting your visas, to getting on the plane, with a timescale typically 12 months before departure until departure day. You are preparing yourselves, physically, (possessions, and home etc), and emotionally (family and friends etc), to move your complete life to a new country. Many things you can't do until this point, so once you become certain and committed to going it all starts happening. This phase is all about moving! Getting ready to move, moving furniture, moving jobs, schools, homes, everything is on the move. It's very busy and a good job all the decisions and investigative work was completed during the previous phase so you can focus on the move itself. A clear focused mind, good planning and organisational skills will be very beneficial.



INTEGRATION PHASE:



From landing at the airport, to being settled and no longer feel like a stranger in your new country. Timescales typically up to 2 years after landing, although can vary enormously. During the integration phase you establish your new life, home, job, credit ratings and support networks. With the short term issues dealt with you can focus on the long term goals of creating the lifestyle you dream about.

The average time it takes new expats to transform from newcomer to seasoned expatriate varies enormously; this phase may be very easy and you feel at home quickly or it could take years to feel that way. The key is to look to the future and plan how you will achieve what you want. We all feel much better when we know where we are headed and that there is something we can do to get there. You will update your action plan to include steps that will establish yourself more quickly, and make decisions about what is best for your future. You may have reached this point because you are struggling with fitting in and wondering if it was the right move or you just want to get on with your life, and get through the next few months.

HOW TO USE THIS WORKBOOK:



Read the introduction, it tells you about the three emigration phases, so you can work out where to start. Pick the phase that best describes your situation and work from there. Some exercises refer to previous phases, complete the earlier exercises as you need them. You will gain benefit by completing all the exercises, whatever phase you start from. Or you can use the individual exercises to help you with a particular issue. You decide which exercises are relevant, check the table of contents that summarizes what tools are available in each phase.

There are two types of goal we will be using, end goals and journey goals. The end goal is what you are working towards long term, end goals are broken down into several journey goals that combine to achieve the end goal. Setting goals is a key skill in planning and progressing your emigration.

Example forms are provided for each exercise, photocopy or print out more as you need them. Create your own forms if they work better for you. You will need a notebook, blank sheets of paper, an A5/A4 diary to record goals, actions and progress, and a binder to keep everything together. Take your time, as your emigration progresses, record and review your actions. It is an ongoing process; you won't be able to complete every section right now. It is important to make entries regularly and keep your migration plan up to date. You will benefit much more by frequently checking your goals and actions to keep focused on what you are working towards.



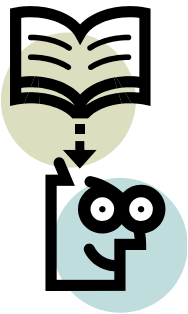
CONCEPTION PHASE



After working through this section you will have:

- Rated where your life is right now
- A list of long term goals beyond emigration
- Set your conception goals
- Started your migration plan
- Recorded all the actions to complete your conception goals
- Created a review system to update your goals and actions

✦ EXERCISE ONE - EMIGRATION WHEEL



This exercise is useful to:

- Rate your current situation
- Focus attention on what is important to you
- Prioritise the changes you want to make

Consider the following list and pick eight areas important to you. Add other headings as you need to.

Physical Environment (where you live, how you live)	Fun and recreation
Financial	Social life
Friends and Family (could be two separate categories)	Partner or significant other
Career/Work	Personal Growth & Development
Health and Vitality	Spiritual life
Emotional well-being	Community

Label each of the eight wheel segments on the following page with a heading. Thinking about each area, how satisfied are you with your current situation? Draw a line with your score across the segment. (One, at the centre of the circle, meaning you are less satisfied and ten, at the outer edge, being completely satisfied).

When complete, you will have an odd shaped wheel that represents how satisfied you are with those areas of your life. A well balanced wheel represents a well balanced life. What areas do you want to most change?

Use the wheel to highlight and prioritise the changes you want to make. Think about what a '10' would be like in each area, and what you want to make it ten.