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Top Tips for Changing your Life - Sanely.



By The Motoroamers

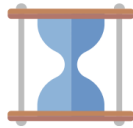


Be aware, Time Flies



Put plans in place to cope with your transition as in your excitement and sometimes panic, time will fly. Manage stress and expectations with a plan and a 'To Do' list.

Conversely, Time Drags



Wanting something so much can be a big hinderance. Don't wish your life away. Stay in the moment and know that your D-Day will soon be here. Be patient, your time will come.

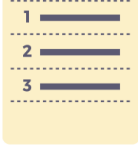
Stay Grounded



Keep your feet firmly on the ground, as dreams coming to fruition can make you giddy. Love each day and avoid counting down as it creates unwanted frustration.



Focus on the Practicalities



Don't loose the detail amidst the dream. You want as little noise when you leave as possible. So brainstorm everything; write an action plan, review it regularly and set tasks, according to each other's strengths. It'll help reduce stress in the long-run.



Make Emotion your Friend

Making life-changing decisions can be hard as it throws up all sorts of emotions from distress, anxiety, fear, excitement to joy. Whatever comes up, be mindful and allow them space. Dealing with change requires us to recognise our emotions and not push them away - make them friends, then they'll not bite you on the bum later.



Work Together

It might sound like something straight out of a corporate manual, although teamwork is essential when you're making a big life-change. So talk regularly, share how you are feeling and be gentle with each other, as you will both experience this change very differently. Appreciate each other's view and be patient, kind and loving.

Learn to Let Go



Throw out what you don't really need. Let go of attachment to possessions as your new life will be so much simpler. Release the old and embrace the new.

Plans for Family



You will be leaving friends and family, so put plans in place for staying in touch regularly and keeping connected.

The Journey starts Now!



When you decide to change, remember that your journey starts from that moment, and not when you leave, so enjoy the ride.