



New Resident Success Planner:

STEP-BY-STEP Support for Newcomers!

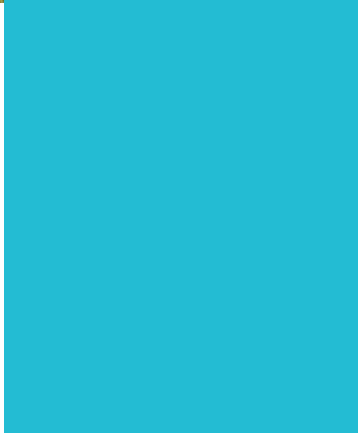


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**Yankton
Thrive**

*The Relocation
Companion*



New Resident Success Planner: STEP-BY-STEP Support for Newcomers!

Moving and starting over somewhere new is much more than a rollercoaster of ups and downs. It can be incredibly difficult but also extremely rewarding!

The journey of a move starts well before the moving truck shows up to pack up your house and does not end when that moving truck drops off all of your boxes at your new home. Moving is a Major-Life-Change that disrupts many (if not all) aspects of our lives.

Unfortunately, traditional relocation support focuses on the logistics of your move to make sure your stuff shows up at your new home and you are ready to start work ASAP. That doesn't even scratch the surface for the disruption that just occurred in your life. So, how are you supposed to navigate through everything else that comes with the relocation?

What is the purpose of the move and what do you want to accomplish? What to prepare on the front-end? How do you make this new place feel like home? How do you get through the downs of a move? Why does this feel so lonely?

No matter where you move, or why you move, you deserve to be happy and successful in your new home and community. Moving can be lonely, overwhelming and scary. You will go through ups and downs. It will be tough...but guess what? You have support!

We are here to guide you through your journey so you have the best chance at success. We will help determine what your priorities are and how to navigate through the speed bumps when they arise. You will gain a clear understanding of why you're moving, what you want to get out of the move and how to make you comfortable in your new life.

This is such a BIG chapter in your life. Are you ready to get started on your journey? Great, let's do it!

New Resident Success Planner: STEP-BY-STEP Support for Newcomers!

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3 Mindset



Explanation: The mindset you have going into your relocation can greatly affect the experience you have throughout your journey. Moving is a MAJOR life change. It is hard. There are ups and downs. What's important is that you do not dwell on the negatives but are able to work through them and focus on the positive aspects of the move.

Not every move is a move we want to make. Or there may be aspects about the move that you are really not happy about. If the move is inevitable, work on identifying the positives for you to be happy no matter where you end up.

Keep in mind, your mindset affects the people around you. Kids, spouses, friends, relatives all feed off of your energy whether that be positive or negative. Focus on the good in each day!

Example: brain dump, pros and cons list (make sure pros list is longer, acknowledge cons then get rid of them and focus on pros), sticky note reminders around the house, song that makes you happy. Sometimes we may become too negative and need a reset to find that positive side again. Utilize a mindset reset activity to help get you back on track.

Interactive: What puts you in a good mood? What makes you happy?

What are you looking forward to (or what excites you) about this move?



Organization



Explanation: Organization can be key to reducing stress and preventing overwhelm when you are going through a move. Something as simple as a checklist of tasks that need to be completed will help free up some brain space and keep the momentum moving forward. Timelines are also helpful to visualize the order of events and which tasks need to be prioritized throughout the transition.

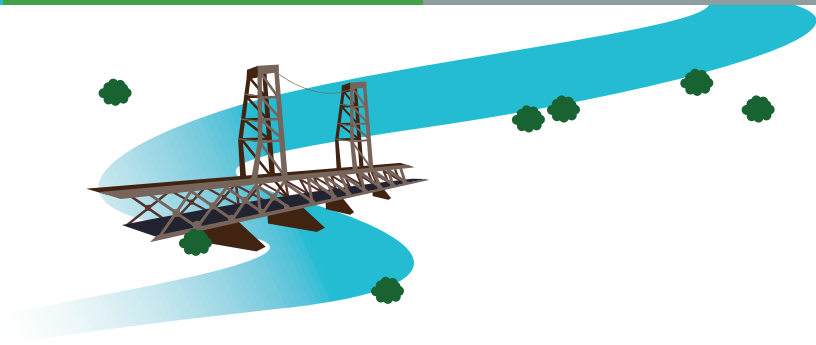
Interactive: Create a list or timeline for your move! Set your big dates (last day of work/school, moving day, start of new job) first and then work backwards from each set date to determine what tasks need to be completed beforehand. Example: One big date is moving day. Arrange temporary housing, disconnect utility services, usps forwarding, etc...are all tasks that need to be completed before moving day.

Create your list and/or timeline here!

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★ For a helpful resource, check out our FAQ page on our website. [\(Click HERE\)](#)

5 Get Involved



Explanation: In order for you to be happy and successful in your new community and have it feel like HOME, you need to put in the effort and get out of your comfort zone. Get involved. Make it a part of your routine (weekly, monthly). Include something specific to get involved as one of your goals on Page 5. Be excited for it!

Example: Volunteer. Join a sports league, book club, newcomers club. Take community education classes or participate in group fitness classes. Research opportunities available for the interests you have. Try something new! Contact Yankton Thrive for more information and to get plugged in.

Interactive: Create a list of ways you can get involved. Be specific. Do a little research to find what is available in Yankton! (Yankton Thrive and the Visit Yankton are both a great place to start).

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NOTES:



Assess, Reset, Touchbase



Explanation: Are you low on fuel, or need to add air to a tire? Sometimes we just need to get out and stretch our legs! The same is true as you go through a relocation. You need to take time to assess how you are doing, refuel your mind and body, and touch base with your loved ones.

Examples:

- Assess: What progress has been made? Celebrate it! How are you doing? Mentally, physically, emotionally? How are you coming along with your goals?
- Reset: Put things into perspective. Mindset reset.
- Touchbase: Are you communicating with people? Who are you telling and sharing your journey with? How is everybody else doing? You have other travelers that need refueling as well. Make sure everybody has the opportunity to assess, reset and touch base.

Interactive:

Assess:

Reset:

Touchbase:

8 Support Systems



Explanation: Sometimes you get a flat tire, or run out of gas and need some help. The same is true for this MAJOR life change. Everybody needs a support system. Who is your AAA? Who will you rely on for support?

Common support systems utilized through a relocation:

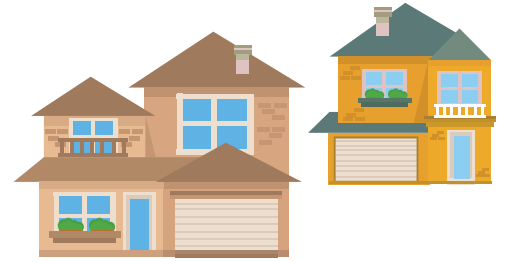
1. Family (empathize, encouragement, brainstorm ideas, love)
2. Friends (make me laugh, connect when feeling alone, celebrate accomplishments, hold me accountable)
3. Employer (employee assistance program, connection to service providers, recommendations, local ideas, specific relocation support)
4. Professional (counselor, grocery delivery, house cleaner, movers)

★ Specific support resources in Yankton can be found in our directory ([Click HERE](#)).

Interactive: Who are your supports and what kind of support can they provide to you on this adventure?

FAMILY	EMPLOYER
FRIENDS	PROFESSIONAL

9 Making It Home



Explanation: Once the physical move is over it's time to have some FUN!!! Get out and explore, find your favorite places, meet people, etc...

Remember, your journey is not over. You will still encounter some road bumps, need to refuel and utilize your support systems. The challenges that come with starting over somewhere new are something you will still face throughout your first year, and even after that. Be patient and intentional in your efforts to make this new place home.

Here are some ideas...

Making it home within the home: Have fun decorating a room of your choice within your budget, bring something special from where you moved to be a décor piece, incorporate live plants, candles and color, hang pictures of your family and friends, host new friends over for cookout or dinner, Invite family/friends to come visit.

Making the community home: Get involved, act like a tourist, ask questions, find your favorite places (parks, restaurants, grocery, etc), attend local events, meet your neighbors, follow community happenings,...

To get started...

We have a checklist of Yankton adventures provided for you on the next page. In addition, make sure you utilize the **Yankton Thrive Event Calendar (Click HERE)** to see what is going on each month!

NOTES:

10 Discover Yankton



Plan next adventures within the community and dive into our **Yankton Bucket List Challenge** ([Click HERE](#))

- Try Chislic
- Children's Transportation Museum
- Riverside Park
- Riverboat Days
- First Dakota Soccer Park
- Dakota Spirit Fountain
- Chief White Crane State Recreation Area
- Meridian Bridge
- Market at the Meridian
- Music at the Meridian
- Meridian Trail System
- Mead Museum
- Holiday Festival of Lights
- Try your hand at making SD traditional fry-bread
- Summit Activities Center
- Bragging Rights on Thursday Nights
- Lewis and Clark Lake
- Huether Family Aquatics Center
- The Ice House
- Yankton Community Library
- 4th of July Fireworks
- Summer Band Concert
- Mount Marty University
- Historic Yankton Tour
- Lake Yankton
- Kids in the Park Event
- Harvest Halloween
- NFAA Archery Center

★ Sign up for the **Thrive Weekly Events Calendar** ([Click HERE](#))

*The Relocation
Companion*

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**Yankton
Thrive**

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