



The
Yankton Relocation
Roadmap



Brought to you by:



**Yankton
Thrive**

*The Relocation
Companion*



The Yankton Relocation *Roadmap*

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!

The Yankton Relocation Roadmap

Making It Home

Roadside Assistance
(Support Systems)

Refuel
(Assess, Reset,
Touchbase)



7

8



Road Bumps
(Struggles)

6

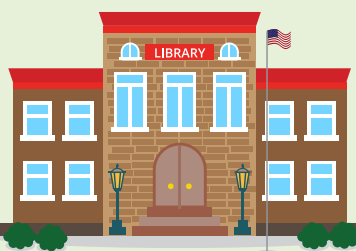


Don't Forget Your
Travel Guide
(Organization)

5

Backseat Driving
Encouraged
(Get Involved)

4



Where Are We Going?
(Goals & Priorities)

3

2

Who Is Driving On Our
Great Adventure?
(Mindset)

Lifestyle
Assessment

1



The Relocation
Companion



Lifestyle Assessment

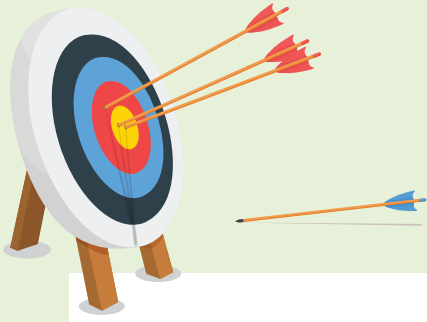
The purpose of the Lifestyle Assessment is to provoke you to think critically and strategically about your move. Everybody deserves to be happy and successful no matter where they live. Step one to achieving that happiness and success is to take a quick dive into how the move will affect your life!

In the Lifestyle Assessment, you will explore different aspects of your life and how they may be affected by the move. Are these changes you are ready for? Excited for? Something you may struggle with?

If you have already moved, utilize this as a comparison between your previous lifestyle and the one you are currently living.

Reflect back on the Lifestyle Assessment as you work through the rest of the Relocation Roadmap.

If you have not already completed the Lifestyle Assessment, access it [HERE](#).



Where Are We Going? (Goals & Priorities)

Explanation: Goals and priorities are important to establish. These will serve as a guiding light for where you are going and what you hope to achieve with the relocation. Most likely you want to achieve greater happiness or success in some aspect(s) of your life. What is that? How do you get there?

Priorities will help you stay on track and navigate through the overwhelm. When you feel like you are barely keeping your head above water, make sure what you are doing aligns with your priorities. Cut back on things that are not in your list of priorities. Examples (family, business, health/happiness, friends).

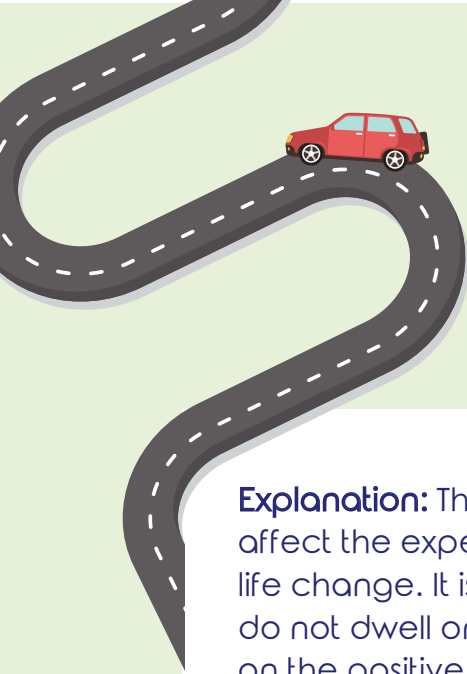
Goals need to be clear and specific. Know what you want to accomplish, why you want to accomplish it, and how you are going to get there. How will it affect you, or what will it mean to you if you do not accomplish these goals? If these details are not clear, you may struggle with motivation and focus to achieve each goal. Your goals should support your priorities.

Examples (family adventures once a month, host new friends over for dinner, relatives come visit your new home, involved in sports league, friends to hike with, find favorite restaurant in town, decorate a room in house).

Interactive: Where are you going? List your priorities and goals.

PRIORITIES

GOALS



Who Is Driving On Our Great Adventure? (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.

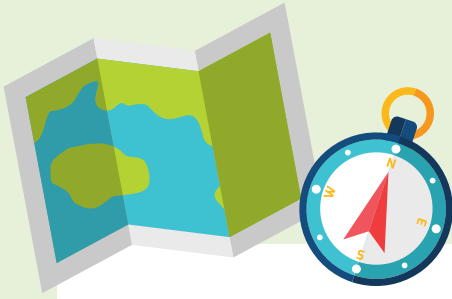
Keep in mind, your mindset affects the people around you. Kids, spouses, friends, relatives all feed off of your energy whether that be positive or negative. Focus on the good in each day!

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?





Don't Forget Your Travel Guide (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!



Backseat Driving Encouraged (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!

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 Yankton CVB are both a great place to start).



6 Road Bumps (Struggles)

Explanation: Every adventure has a pothole or two that can be challenging to deal with. We do our best to be prepared for these struggles before we hit the road. For example, If your car breaks down, what would you do? If you forget something, what would you do? If you break your phone, what would you do? If weather is bad, how does that change your plans?

Moving and starting over somewhere new is no different. It is important to think about what these struggles may be so you can be somewhat prepared and have an idea of how to work through them.

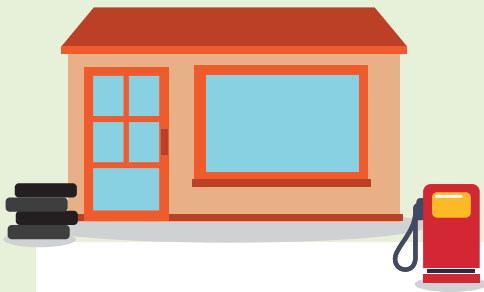
Examples:

- Miss friends (schedule regular calls, video chat, visit each other)
- Tight finances (meal plan and budget for groceries – do not eat out)
- Weather is so different (try new activities/hobbies that you did not have access to before)
- Lonely (get involved, volunteer, join a league, keep busy)

Interactive: List out the struggles you anticipate to face, as well as the ones you actually encounter.

ANTICIPATED
STRUGGLES

ACTUAL
STRUGGLES



Refuel (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:

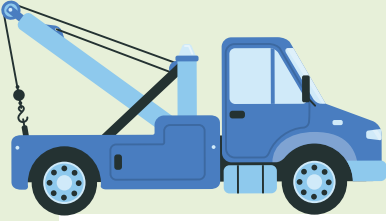
- Assess: What progress has been made? Celebrate it! How are you doing? Mentally, physically, emotionally? How are you coming along with your goals?
- Reset: Put things into perspective. Mindset reset.
- Touchbase: Are you communicating with people? Who are you telling and sharing your journey with? 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:



Roadside Assistance (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)

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

FAMILY

EMPLOYER

FRIENDS

PROFESSIONAL



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, ...

Interactive: Plan next adventures within your community!

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



Yankton Thrive
803 East 4th Street
Yankton, SD 57078
(605) 665-3636
www.YanktonSD.com

*The Relocation
Companion*

The Relocation Companion
PO Box 2752
Sioux Falls, SD 57101
(605) 799-5072
www.TheRelocationCompanion.com