

Being the New One

For the first weeks somewhere, when you do not know anyone or how anything works.

WHEN TO USE THIS

Use this in your first month at a new job, school, or team.

What is the hard part right now?

- ☐ Not knowing how things are done here
- ☐ No one to eat lunch with
- ☐ Asking questions feels risky
- ☐ Everyone else seems to know
- ☐ I am slower than I want to be
- ☐ I do not know who to ask
- ☐ Too many names to remember

What is one question you have been holding back? Who could you ask?

Name three things you already know how to do here.

1.

2.

3.

What would week four look like, if it went well?

New is temporary, even when it feels permanent.