

New Town, Nobody Yet

For the stretch after moving somewhere new when you do not know a soul.

WHEN TO USE THIS

Use this in the first months somewhere new.

What is the hardest part of the day here?

Where do you already go each week? Any place with the same faces?

Shop, gym, bus, work, the coffee place, a walk you do.

1.

2.

3.

4.

Pick one of those. What would saying one sentence to someone there look like?

Who from your old life will you keep in touch with, and how often?

New places take longer than anyone tells you. Months, not weeks. You are not behind.