

EXPAT TOOLKIT



EXPAT HUB

Generally, the skills and adventurous spirit that you demonstrated when you went overseas are similar to what you need to apply when you return "home."

I invite you to consider the following characteristics that you clearly applied when choosing to become an expat in the first place. I encourage you to make your "TO BE" list, play with these ideas and customize them uniquely for you. Small baby steps can take you up huge mountains - so try new foods, experiment, enjoy less screen time and more face time with your tribe upon your return and observe the difference.



THE TOOLKIT



A) Adventure: You went with an adventurous spirit; keep feeding it and consistently applying it on your return home.

B) Broadcasting happiness: Maintain a constantly positive outlook.

C) Courage: Simply the willingness to be afraid and act anyway.

D) Dream: Holding your dream lightly, while pursuing it furiously.

E) Expansion: Life finds its purpose and fulfillment in the expansion of happiness. Maharishi Mahesh Yogi.

F) Future orientation: Keeping your eye on what you would love to create in the future.

G) Gratitude: Create a practice of being grateful and apply daily Period.

H) Humor: Laughter is an instant vacation. Milton Berle.

I) Imagination: Think left and think right and think low and think high. Oh, the thinks you can think up if only you try! Dr. Seuss.

J) Joy: Look for it, seek it out, create ways to feel joy-filled

K) Knowledge: Self-knowledge. Distinguishing the signal from the noise requires both scientific knowledge and self-knowledge. Nate Silver.

L) Love: Ask yourself every single day "what would I love." It's a magical question.

M) Momentum: Build new habits and skills: take action: you will be surprised where it will take you.

N) New normal: "Times of transition are strenuous, but I love them. They are an opportunity to purge, rethi priorities, and be intentional about new habits. We can make our new normal any way we want." Kristin Armstrong.

O) Observation: This place called "home" is actually a new place you have never ever seen before, sit back and observe a while.

P) Perseverance: "Stubbornness with a purpose" - Josh Shipp.

Q) Questions: Ask a different question, don't settle for easy questions, use "what" instead of "how" questions.

R) Resilience: Build it everyday with awareness and application.

S) Silliness: Enjoy a good dose and laugh at yourself.

T) Tolerance: "The heart of wisdom is tolerance" Steven Erikson.

U) Unstoppable: Figure out where you might stop - then take one more step.

V) Values: Identify your core values and make decisions according to their dictate.

W) Wisdom: Knowledge comes from learning, wisdom comes from living. Anthony Douglas Williams.

X) X-marks the spot; Believe that you are doing your best wherever you are right now and all is well.

Y) YES: Keep saying "yes" and moving forward.

Z) Zip: Put a bit of zippidy-doodah in your day.

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