



LOCATION

# EVALUATION

This assessment will help you understand what or WHO might be holding you back when it comes to leaving your current home.

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# Understanding your Why



**So happy you're here.**

Let's get to it!

If you have found your way to me, it is probably because you are sick of where you currently live but are terrified to move.

It can be scary to leave the place you've always known and move somewhere that might be better for you. Too often, our decisions are based out of fear of disappointing others rather than doing what is best for ourselves.

It can also be intimidating to consider all of the factors that go into choosing a new city or town. Where do you even begin?

A great place to start is figuring out why you want to leave in the first place. Knowing your why will give you the confidence you need to stand up to those who may be holding you back.

So, take a second, breathe, and remember that we are in this together. I hope that by the end of this assessment you will be crystal clear on why YOU want to move and will have the confidence you need to find your next place to call home!

## EXERCISE #1

# Pretty Shitty Assignment

Sometimes it is helpful to have all of the things swirling around in our heads written down in front of us. Take a few minutes to create a list of all the pretty and all the shitty things about the place you currently live. Set a 5 minute timer for each step.

STEP  
**1**

### **ITS ALL BAD.**

Write down all of the things you currently dislike/loathe entirely about the place you currently live.

STEP  
**2**

### **IT CAN'T ALL BE BAD.**

Write down all of the things you love about where you live. There has to be something you like.

STEP  
**3**

### **THIS IS A DUMB IDEA.**

Write down all of the reasons why moving is a stupid idea. Be as honest and ridiculous as possible here.

STEP  
**4**

### **THIS IS A FANTASTIC IDEA.**

Write down all of the reasons why choosing a new place to live would be a good idea.

STEP  
**5**

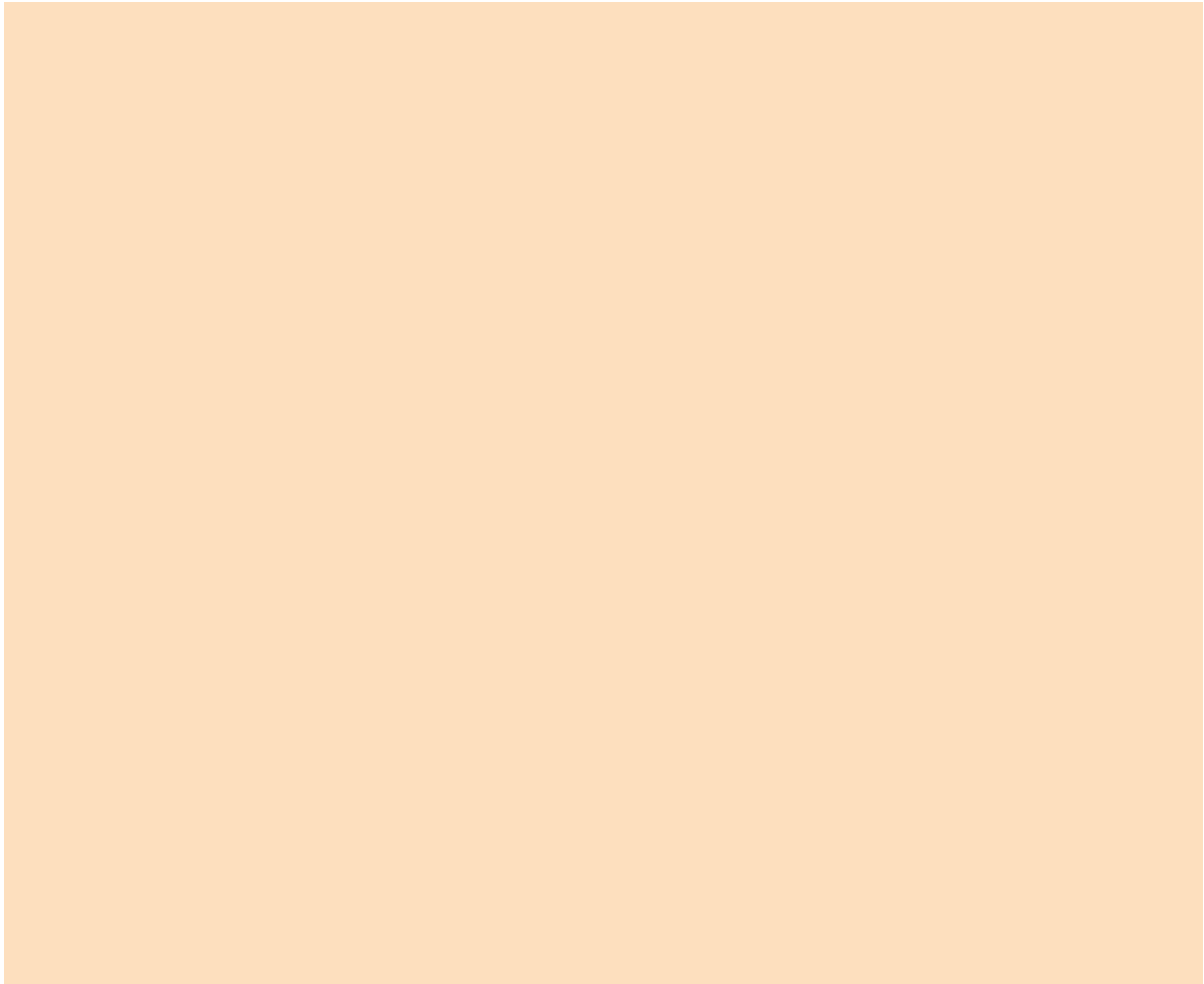
### **I'M OVERWHELMED.**

List all of the things that overwhelm you about choosing a new place to live.

## EXERCISE #2

# Make Your Shitty List

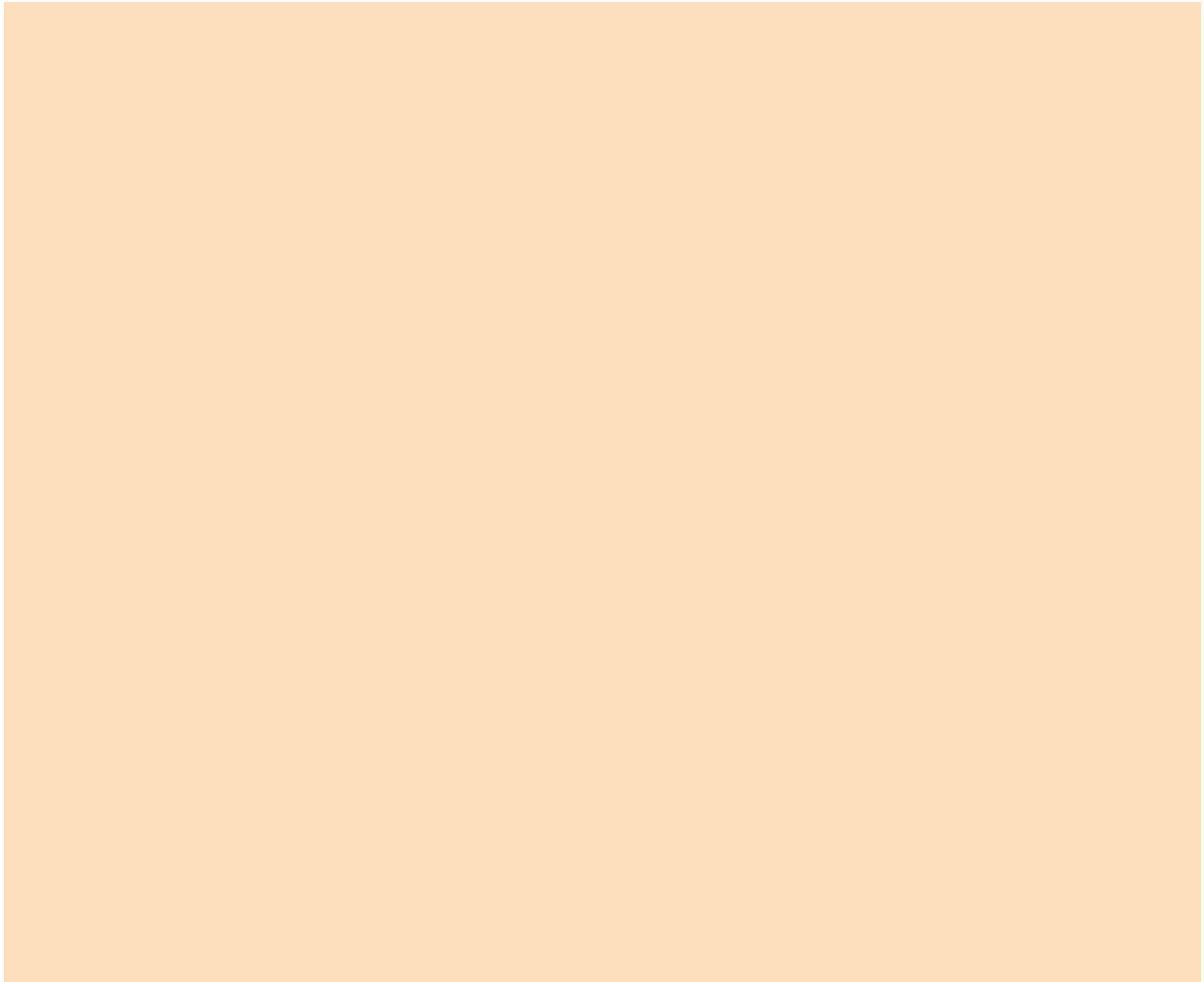
Take all of your notes from steps 1-5 and write down all of the ideas that have to do with other people or what they might think of you. Please be sure to include notes that are positive but are ultimately influenced by others. Remember to be honest with yourself.



### EXERCISE #3

# Make Your Pretty List

Take notes from steps 1-5 and write down all of the statements that are "I" focused meaning that the reasoning is based entirely off of something YOU want and things YOU like.



# ***You did it!***

I hope that by now you understand that your decision to move should be driven from a place of excitement rather than fear. The best life for you is the one that is created by YOU!

Now that you have a strong grasp on your why and what you do and don't like about your current city or town, you can start considering what it is you want out of your next place to call home.



## **Are you ready?**

**Let's do This!**

*The next step is to determine what it is you want out of your next location, and I'm here to help!*