

A close-up photograph of a person's hand pointing at a map. The hand is wearing a dark wristband. The map is spread out on a surface, showing various colored areas and lines. In the background, a camera lens is visible, suggesting a theme of exploration or travel. The overall lighting is warm and soft.

Make Your Relocation Successful

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Successfully Moving to a New Area

A Guide to Help Make a Relocation Happen

Have you dreamed about making a permanent change of scenery, like moving across the country? If so, you have likely discovered, it's not as easy as moving across town or even to the next city over. Beyond the physical act of packing and moving everything, the reality is you lose all the comforts (friends, family, knowledge of the area and routines) you have grown accustomed to.

“The two hardest aspects of relocating are: Creating a timeframe for when you want to be somewhere new and building new friendships once you’re there. Having a plan can help you overcome them”

In some cases, this is your reason for the change, but moving to a new area after living in the same place all your life is still a big step. Creating a plan and then following through with it should help you with making a smooth transition and successfully integrating into your new community.

Here's a comprehensive plan to help you through the process:

Set Clear Goals and Expectations

- **Define Your Reasons for Moving:** Whether it's for a job, a change of scenery, or personal growth, understanding your motivation will help guide your decisions.
- **Set Personal and Professional Goals:** Outline what you hope to achieve in your new location—this could include career advancement, making new friends, or experiencing different cultures.
- **Manage Expectations:** Understand that it may take time to feel fully settled. Be patient with yourself during the adjustment period.

Research Location(s)

- **Understand the Local Culture:** Research the culture, traditions, and social norms of your new area to help you blend in smoothly.
- **Identify Key Areas:** Learn about neighborhoods, nearby amenities, local events, and community hubs that align with your interests.
- **Explore Online Resources:** Use forums, social media groups, and local websites to gather information and ask questions about daily life in the new location.
- **Search for Jobs:** Investigate employment opportunities to ensure there are enough jobs in your field of expertise, or if you are opening a business, that there are enough skilled workers for you to hire.

Develop a Moving Plan

- **Create a Timeline:** Establish a timeline that includes finding a place to live, giving notice at your current job (if applicable), and scheduling your move.
- **Budget for the Move:** Include moving costs, deposits, new furniture, travel expenses, and an emergency fund.
- **Hire a Moving Company or Plan a DIY Move:** Depending on your budget, decide whether to hire professionals or move yourself.

Plan for a New Job or Working Remotely

- **Secure Employment Before Moving (If Applicable):** If you're moving for a new job, ensure all job details are confirmed, including start date, salary, and relocation benefits.
- **Remote Work Considerations:**
 - **Confirm Remote Work Policies:** If you'll be working remotely, ensure your employer allows remote work from your new state and clarify any specific requirements.

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- **Check Time Zone Differences:** If moving to a different time zone, discuss work hours with your employer to align with meetings and deadlines.
 - **Ensure Reliable Internet:** Research internet providers in your new area to ensure you have the necessary bandwidth for remote work.
 - **Set Up a Home Office:** Plan a dedicated workspace in your new home that is quiet, comfortable, and equipped with necessary technology.

Find a Place to Live

- **Decide Between Renting and Buying:** Depending on your long-term plans, choose whether renting or buying a home is more appropriate.
- **Research Neighborhoods:** Look for areas that fit your lifestyle, such as proximity to work, public transportation, schools, or social activities.
- **Visit Potential Homes:** If possible, visit the new location to tour homes or apartments and get a feel for the neighborhoods. Remember to tour the area both in the daytime and at night to see if there is a change in atmosphere.

Build a Support Network

- **Stay Connected with Old Friends:** Maintain relationships with friends and family from your old area. They can offer emotional support during your transition.
- **Make New Connections:** Join local clubs, volunteer organizations, or social groups that match your interests. Websites like Meetup or community boards can help you find events and activities.
- **Leverage Professional Networks:** If you're moving for work, take advantage of networking opportunities in your field, both online and in person.

Get Involved in the Community

- **Attend Local Events:** Participate in local festivals, farmer's markets, and community gatherings to meet new people and immerse yourself in the culture.

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- **Volunteer:** Volunteering is a great way to give back to the community while meeting like-minded people.
 - **Join a Local Group:** Whether it's a sports team, book club, or hobby group, joining a local group can help you make friends and integrate into the community.

Navigate the Emotional Transition

- **Acknowledge the Challenges:** Recognize that moving can be emotionally challenging, especially if you've never lived anywhere else. It's normal to feel homesick or uncertain.
- **Stay Positive:** Focus on the positive aspects of your move and the opportunities it presents.
- **Practice Self-Care:** Ensure you're taking care of your physical and mental health during the transition. This might include exercise, meditation, or staying in touch with supportive friends and family.

Establish New Routines

- **Create a Daily Routine:** Establish a new daily routine that incorporates your work, hobbies, and social activities. Familiar routines can help you feel more settled.
- **Explore the Area:** Take time to explore your new surroundings. Visit parks, restaurants, and local attractions to familiarize yourself with the area.
- **Find Favorite Spots:** Discover your favorite coffee shop, grocery store, or park to help make the new place feel like home.

Stay Open to New Experiences

- **Embrace Change:** Be open to new experiences, whether that's trying local cuisine, attending new cultural events, or meeting people from different backgrounds.
- **Learn the Local Language or Dialect:** If your new location has a different language or dialect, learning it can help you integrate more easily.
- **Adapt to Local Customs:** Observe and adopt local customs and etiquette to help you blend in and feel more comfortable in social situations.

Evaluate Your Progress

- **Reflect on Your Experience:** Periodically assess how you're feeling about your new location. What's working well, and what could be improved?
- **Adjust Your Plan as Needed:** If you're struggling to integrate or meet your goals, consider adjusting your approach. This might include seeking out more social opportunities, changing your routine, or exploring different neighborhoods.
- **Celebrate Small Wins:** Acknowledge the progress you've made, whether it's making a new friend, feeling more comfortable in your surroundings, or achieving a personal goal.

Consider Long-Term Plans

- **Decide on Permanence:** After some time, evaluate whether this new location is where you want to stay long-term or if you'd like to explore other areas.
- **Plan for the Future:** Whether it's continuing to settle in your new town, moving again, or pursuing further opportunities, keep your long-term goals in mind.

By following this plan, or creating your own, you can create a roadmap to successfully move to a new location and integrate into your new community, even if it's the first time you've lived anywhere else. Remember, the key is to stay open to new

experiences, be patient with yourself, and actively seek out opportunities to connect with your new environment.

My experience moving, and from talking with others, has led me to believe the two hardest aspects of relocating are:

1. Creating a timeframe for when you want to be somewhere new, since this is when things become real.
2. Building new friendships once you're there, because it's scary to put yourself out there.

Expect it to take time, like more than two years, to feel comfortable again. If you still don't enjoy it after a while, remember you can always change your mind and move again. I'm sure the people in the area you initially left would love to have you back (read the kids book "Wherever You Go" by Pat Miller).

Lastly, if you're considering moving to Utah, and would like to learn more about what it is like to live here, we can be reached via email at craig@capitol-summit.com or susan@capitol-summit.com.