A Coffee With An Expat Workbook

Rediscover Yourself



REDEFINE PERSONAL GOALS AND PASSIONS POST RELOCATION.



Let's Get Started

REDISCOVER YOURSELF

REDEFINE PERSONAL GOALS AND PASSIONS POST RELOCATION.





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IN THIS WORKBOOK, WE'LL GUIDE YOU THROUGH THE PROCESS OF REDEFINING YOUR GOALS AND PASSIONS AFTER RELOCATION. WE'LL START BY HELPING YOU REFLECT ON YOUR CURRENT SELF, EXPLORE WAYS TO RECONNECT WITH WHAT LIGHTS YOU UP, AND GIVE YOU PRACTICAL TOOLS TO BUILD A FULFILLING LIFE ABROAD.



HEY THERE!

Relocating to a new country is more than a physical move—it's a journey that reshapes your identity, your goals, and your passions. It's exciting, challenging, and, at times, overwhelming. This workbook is your guide to rediscovering the parts of yourself that might have been tucked away during this transition. Together, we'll navigate this chapter with intention and purpose, turning uncertainty into growth and challenges into opportunities.

HOW TO USE THIS WORKBOOK

Welcome! This workbook is designed to help you reconnect with your personal goals and passions as you navigate life abroad. Each section includes thoughtful prompts to guide your reflection.

What You'll Need:

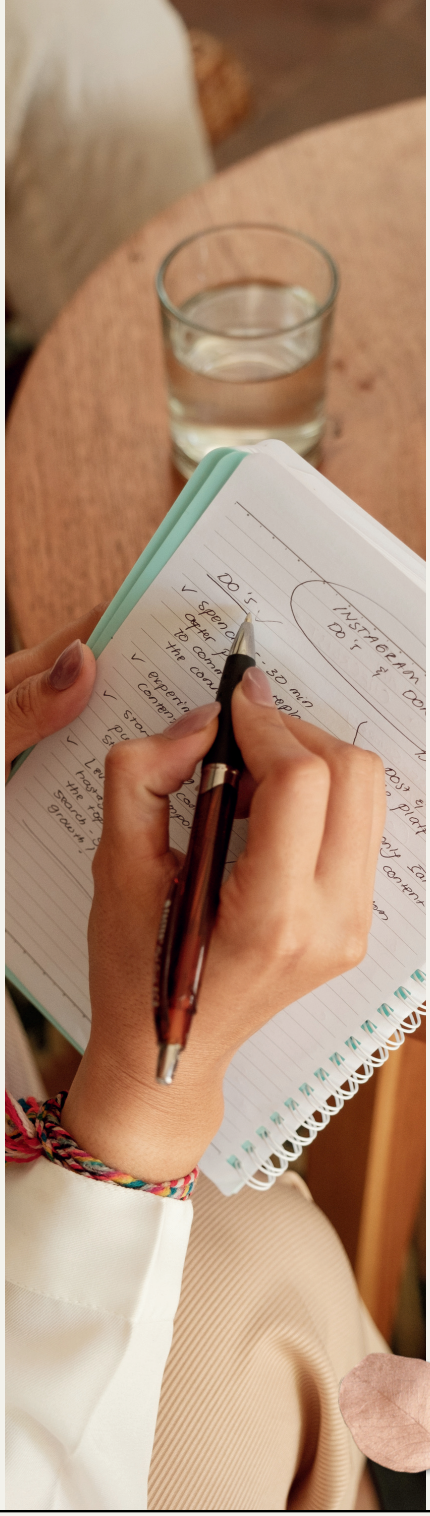
- **A notebook or journal to write down your thoughts.**
- **A quiet space where you can reflect.**

Take your time with each section, and remember, this is just a starting point. For deeper discussions, support, and connections, join our community at Coffee With An Expat.



LET'S DO IT!


YOU'RE NOT JUST
SURVIVING THIS CHANGE,
YOU'RE THRIVING. LET'S
START THIS JOURNEY OF
REDISCOVERY TOGETHER.



01

WHO ARE YOU NOW?

REDISCOVERING YOUR IDENTITY

Relocating often feels like starting over—but it's also an opportunity to rediscover who you are at your core.

This section focuses on embracing the changes you've experienced and understanding how they've shaped your identity.

Through reflective exercises, you'll reconnect with your values, strengths, and vision for the future.

LET'S DO IT!

EXERCISES:

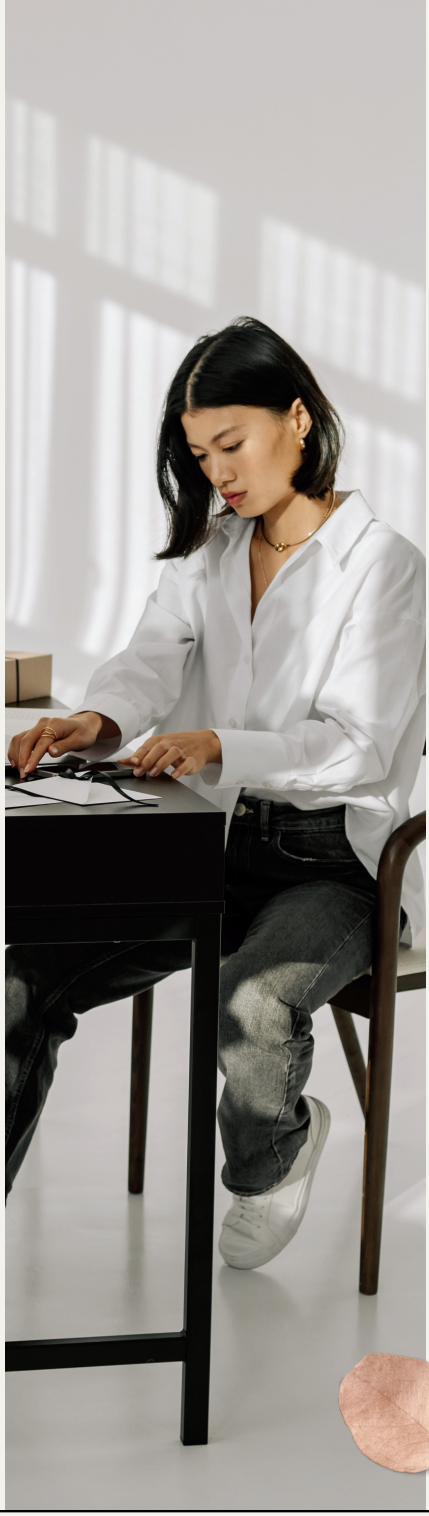
- What are three words that describe you now, and how have they changed since before your move?
- What aspects of your life have you embraced most about this transition?
- What's something you've learned about yourself that surprises you?

KEY TAKEAWAYS

- Growth happens when we embrace change and reflect on its impact.
- Your identity is fluid—it's okay to evolve and redefine yourself.
- Understanding your current self lays the foundation for meaningful personal goals.



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02

REDEFINING PERSONAL GOALS:

YOUR BLUEPRINT FOR GROWTH

Moving abroad is a unique opportunity to reassess your priorities and redefine what success looks like for you.

This section guides you through reconnecting with your dreams, setting realistic goals, and crafting a personal mission statement that aligns with your new reality.

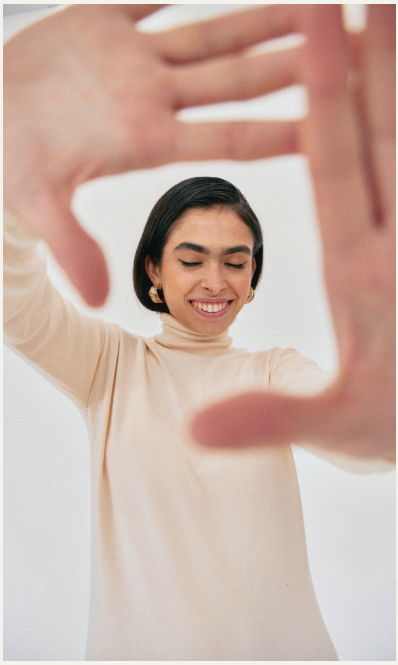
LET'S DO IT!

EXERCISES:

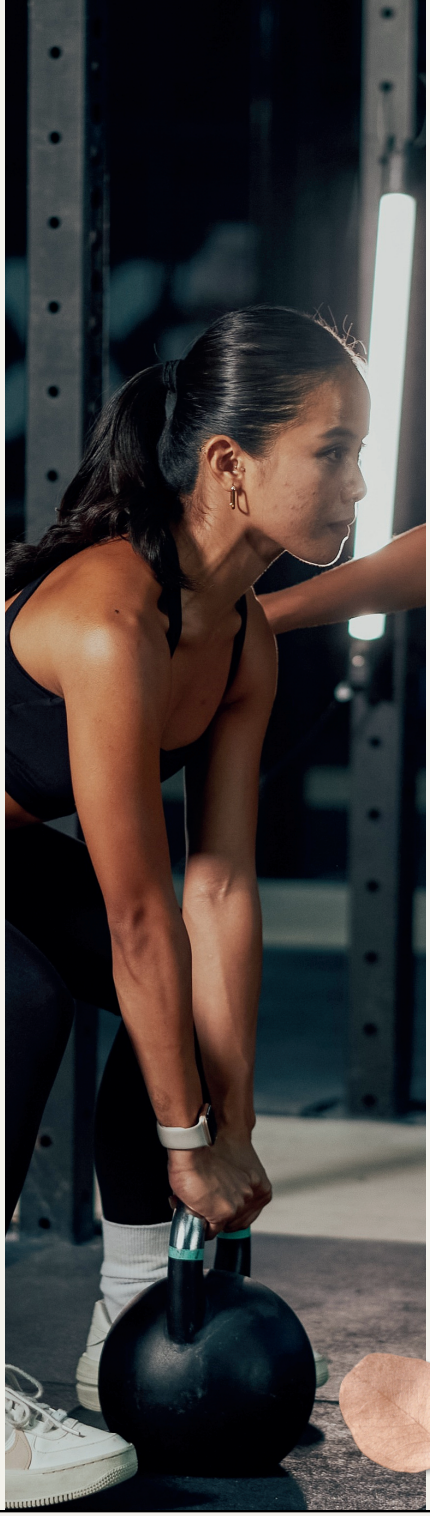
- What personal or professional goals have taken a backseat since your move?
- What's one small goal you can start working toward this month?
- How do your goals align with your values and priorities today?

KEY TAKEAWAYS

- Goal-setting is most effective when it's aligned with your values and broken into manageable steps.
- A personal mission statement can serve as your anchor in times of uncertainty.
- This is your opportunity to create a fulfilling path that feels uniquely yours.



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03

RECONNECTING WITH WHAT LIGHTS YOU UP

Relocation often shifts our focus to adapting, leaving little time to nurture the things that bring us joy.

This section is about rediscovering hobbies, interests, and passions that make life fulfilling. Whether it's something you loved in the past or a new passion inspired by your new environment, this is your chance to reignite your creativity and curiosity.

LET'S DO IT!

EXERCISES:

- What hobbies or passions have you missed pursuing?
- What's one new activity you'd like to explore in your current city?
- How can you create time for these passions in your routine?

KEY TAKEAWAYS

- Reconnecting with passions helps combat feelings of stagnation and sparks creativity.
- Your new environment is full of opportunities to discover fresh interests and rekindle old loves.
- Passion projects provide a sense of accomplishment and joy.



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04

STRENGTH IN CONNECTION: BUILDING YOUR NETWORK

One of the most significant challenges of relocating is creating a sense of community. While it can feel daunting at first, building a supportive network is key to thriving abroad.

This section is about fostering meaningful relationships and finding your circle of support—whether through local groups, shared hobbies, or online communities.

LET'S DO IT!

EXERCISES:

- Who are the people who currently support you most in your life?
- What kind of connections do you want to cultivate (e.g., professional, personal, or shared interests)?
- What's one action you can take to meet new people this week?

KEY TAKEAWAYS

- Building a support network takes effort but offers immense emotional and practical benefits.
- Local and online communities can be invaluable for creating a sense of belonging.
- Taking small, proactive steps leads to meaningful relationships.



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05

FINDING HARMONY: MAINTAINING BALANCE ABROAD

Life abroad can feel like a balancing act—juggling work, family, social life, and self-care in a new environment. It's easy to feel overwhelmed or stretched thin.

This section is designed to help you prioritize what matters most, manage your energy, and create a sense of balance that feels right for you.

LET'S DO IT!

EXERCISES:

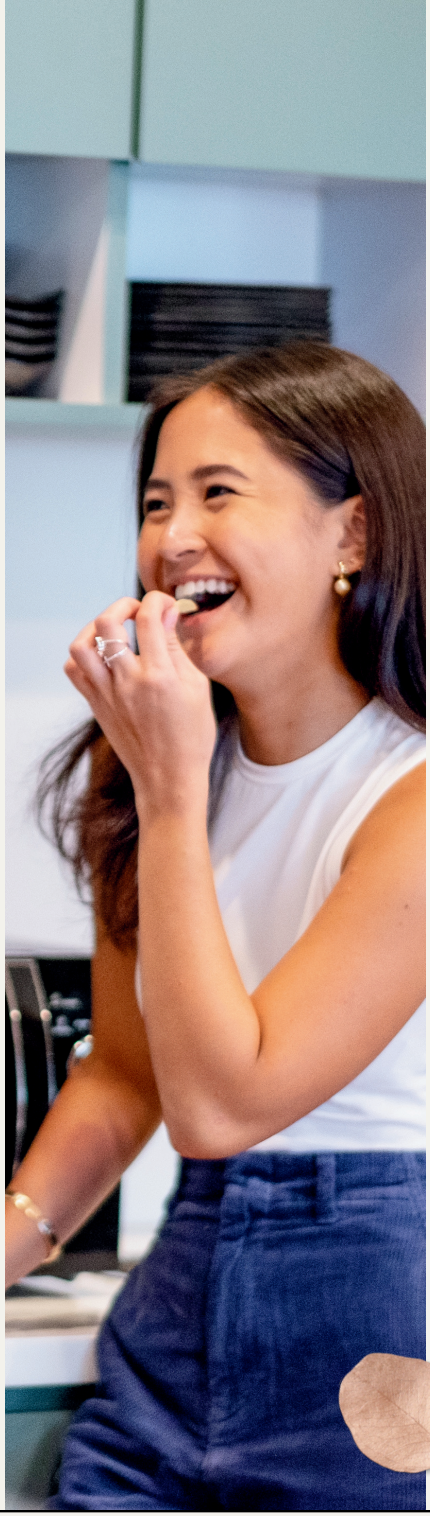
- What does balance mean to you in your current season of life?
- What's one habit you can introduce to create more balance?
- How do you prioritize self-care in your routine?

KEY TAKEAWAYS

- Balance isn't about perfection, it's about prioritizing what matters most.
- Scheduling your non-negotiables helps maintain a sense of stability and self-care.
- Proactively managing stress makes challenges feel more manageable.



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06

PAUSE AND CELEBRATE: ACKNOWLEDGING YOUR WINS

Living abroad is an incredible journey, filled with milestones big and small. Often, we focus so much on what's next that we forget to celebrate how far we've come.

This section encourages you to pause, reflect, and appreciate your growth along the way.

LET'S DO IT!

EXERCISES:

- What's one thing you're most proud of accomplishing since your move?
- Who has supported you most on this journey, and how can you show your gratitude?
- How do you plan to celebrate your progress?

KEY TAKEAWAYS

- Celebrating progress, no matter how small, fosters self-worth and motivation.
- Gratitude and reflection are powerful tools for maintaining a positive outlook.
- Sharing your journey can strengthen connections and provide encouragement to others.



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Coffee With An Expat

a community for every woman

JOIN THE CONVERSATION

We hope this workbook has inspired you to rediscover yourself and embrace your expat journey. Want to dive deeper into these topics with like-minded women? Join our community and let's grow together.

REDISCOVER YOURSELF. REDEFINE YOUR PATH.

ABOUT COFFEE WITH AN EXPAT

The community for expat women from around the world to connect and make friends!

Whether you're a new expat or a seasoned one, we all have stories to share and questions to ask. Join us and enjoy a cup of coffee (or any beverage to your taste!) with other expats sharing the joys and challenges of expat life.

Visit our website to learn more.
www.coffeewithanexpat.com