

SPRING 2020



DECEMBER DAY'S

SPRING DAY

LIFE & STYLE BOOK



ISSUE NO 2



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This group is a fun one friends!

Change, p5

Whitney Berg, Therapist, takes on something we are all going through right now CHANGE. She shares how to set yourself up for success when goal setting.

How to Style a Wild Rag, p8

Meet Jesselyn, owner of Lexi's Closet, as she shows exactly how to wear this stylish accessory.

Self Taught: A Bad Word?, 11

Brenna shares her journey to confidence about being self-taught.



Photo by Jesselyn Seaton



Photo by 3 Cord Photography

Going For It, p13

A Feature showcasing women making their dreams come true— meet Jordan from Little Krusers Daycare

Making Friends After Moving, p15

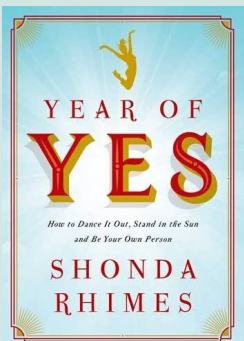
Making friends as an adult - why is it so hard? Joy shares what she has learned after moving to 5 different communities in a span of 12 years.

CONTRIBUTORS



From left to right, top to bottom: Whitney Berg and Willow, Rachel Aeikens, Jesselyn Seaton, Joy Korman, Jordan Kruse, Brenna Ramsden

BOOK CORNER



By Rachel Aeikens
"Year of Yes: How to Dance It Out, Stand In the Sun and Be Your Own Person"
by Shonda Rhimes

She's a hoot and, of course, I ate up all the many references to Grey's Anatomy. Another Audible book down for 2020. It was really interesting to get a behind the scenes look of working in the TV industry too.

FAVORITE QUOTE FROM THE BOOK

"They tell you: Follow your dreams. Listen to your spirit. Change the world. Make your mark. Find your inner voice and make it sing. Embrace failure. Dream. Dream and dream big. As a matter of fact, dream and don't stop dreaming until your dream comes true.

I think that's crap.

I think a lot of people dream. And while they are busy dreaming, the really happy people, the really successful people, the really interesting, powerful, engaged people? Are busy doing."



Like everyone else I don't really know how to put into words or "craft" the perfect sentence to describe what's happening during the COVID-19 pandemic. It even feels weird to even type the words.

We have all felt the impact in some way and I pray that you and yours are healthy and safe.

It's tough to know what to think, and how to keep moving forward. The one constant that I have to keep reminding myself is Faith over Fear. God holds us all, and that's really simple if I let it be just that. Hard to do though. 😊

This isn't the original note I had planned to write here, but alas this isn't how anyone imagined their spring to be like either — so we persevere and take each day as a NEW, Bright day.

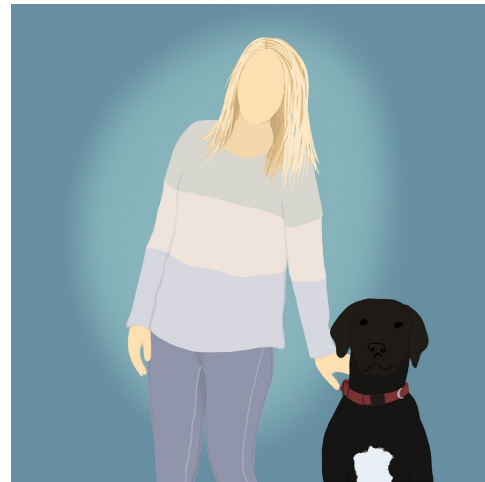
I'm so thankful to Jesselyn, Whitney, Jordan, Brenna and Joy for sending me over great pieces to include in this issue and to share a bit of their hearts! I hope you truly enjoy reading this and it gives you a fun, entertaining break during your day and maybe, just maybe, a sense of peace in knowing we are all in this together (even if we have to be six feet apart)!

THANK you to everyone who is keeping us, our communities and countries afloat. God will see us through.

-Rach
@DecemberDayCreative

What's Inspiring me this season!

- 1 Online Grocery Pickup**
I was a fan of online grocery pickup before the pandemic made it the go-to service. It's so efficient — which I'm all about.
- 2 Pre-Planting My Garden**
Is anyone else planning their gardens? I have a variety of peppers started and growing!
- 3 Creativity Has Not Been Quarantined**
Brenna, featured on page 11, created this really cool design of Dwayne and I. She captured my brand beautifully — it's so me. It reminds and inspires me that creativity lives on, no matter how that looks for you: writing, baking, playing, singing and reading.



One New Recipe Each Month Challenge UPDATE:
Let's put it this way I made a lot of cookies - and I'm not mad about it, all were delicious!

Takeaways
+Blue Bonnet Butter made the BEST chocolate chip cookies I have ever tasted
+Wax paper is not the same as parchment paper — Jeremy and I definitely ate a bit of wax paper...oops

Click each link for the recipes if you like:

[S'mores Cookies](#)

[Best Chocolate Chip Cookies](#)

[Cinnamon Toast Crunch Marshmallow Cookies](#)

[Sweet Baby Ray's Crockpot Chicken](#)



Creating CHANGE

Why we feel like we continue to fail.
Whitney Berg

Creating change. Those two words may either really excite you, or terrify you. I am going to guess the current pandemic has made you shift and change something in your life.

Remember how 2020 was going to be the best year yet? Remember all those dreams you wrote down and how you were going to specifically achieve them? Well, now what?

Do we throw those in the garbage and start over? We don't have to.

I love visualizing my future, dreaming, creating and goal setting. Maybe in some way we all do. But, how do some people accomplish those goals, while others are stuck in the same place?

The biggest problem I typically see, is differentiating the dream from the goal.

When we are dreaming, we want to go BIG. And then Bigger. When dreaming, you have no limits, no concerns and no what if's. If I was living my very best life...



Example:

Dream: I am the healthiest person I know.

This is a beautiful dream, but there is no definition of what this means, so we need to break this down.

Now, we don't want to stop here. When we stop at the dream and think that is our goal, we don't have a map to follow, steps to take and we have no idea where we are going. We have amazing ideas with no intention.

That is where our goals come in, but often we don't get these small enough either. We have broad categories to follow. With no direction, we give up and chalk it up as another failure.



Goal Creation: If I were the healthiest person I know, what would that look like?

- What time would I wake up?
- How much sleep would I be getting?
- How much water do I drink?
- Do I move my body (How many times a week and for how long?)
- Is this only physical health or am I also including spiritual and mental health?

How do we go from Dream to Goal?
 “A goal is a dream with its workbooks on.”
 -Rachel Hollis

We just made one dream A LOT of different goals. This next step is hard for a lot of people. We only get to pick ONE thing to work on in the Goal creation. We implement that and create a habit (doing this goal consistently for 21 days) before we add in our next goal.



Example: I will drink 90 oz of water daily, even on the weekends.
 Break this down even further if you have been drinking zero water. See Next Page for details...



Follow Whitney at @handleitwithwhit on Facebook and Instagram for more tips and inspiration

CONT...



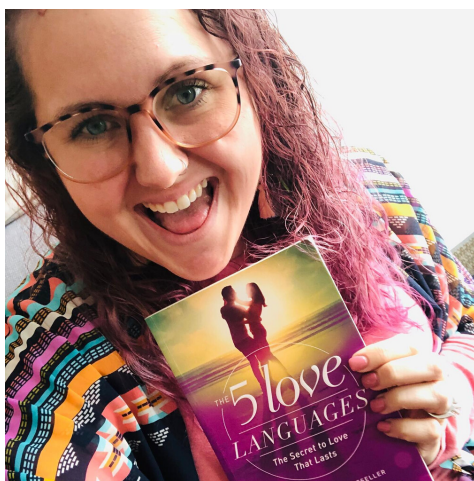
Example: I will drink 30 oz of water daily, when I do this consistently, I will then add 10 oz until I reach my goal.

I will do this consistently before adding in a new goal.

Now your turn:

Find a blank piece of paper. On the top write: If I was living my very best life I would....

Pick one dream that would have a positive impact on your life right now. Let's get specific. Really specific. What are smaller "goal steps" to reach this dream?



Whitney Berg is a Licensed Marriage and Family Therapist. She lives in New London, MN, with her husband and Golden Doodle, Willow. Fun fact: Willow often goes with Whitney to sessions.

Whitney believes that therapeutic solutions need to be as unique as the clients she serves. Informed by her clients, she learns about their stories, relationships, and their problem that brought them to therapy. With that she also explores her client's strengths, resources and dreams. Together she and her clients can explore the possibility for change.

Whitney believes the biggest goal of therapy is to expand one's self and see that there are numerous possibilities to your preferred story.

Whitney also facilitates a group called Smart Talk, assisting with the integration of self development book into your life. Follow her at @handleitwithwhit.

"Therapy can provide a bridge between your current reality and the life you wish to create".



A WILD STYLE

By Jesselyn Seaton

If you've ever watched an old Western movie, you've probably noticed that most of the characters, especially the men, wore scarves. These particular scarves have many names, but today they are widely known as buckaroo scarves or Wild Rags. Wild Rags have been rooted deep in Western heritage since the 1800s. Back in the days of the "Old West," cowboys used these scarves as a means of protection from the elements. A sturdy piece of fabric could provide warmth in the winter, shelter from the sun in the summer heat, and a shield from dust and harsh winds.

In recent years, Wild Rags have once again become an increasingly popular accessory not just among cowboys and cowgirls, but also in mainstream fashion. When these scarves were worn solely for their utility, a cowboy could fashion one out of whatever scrap of cloth he could find – even an old flour sack would do the job. As the style became more popular, many other fabrics were experimented with. Today, most Wild Rags are made from wool, satin polyester blends, or silk. Silk is thought to be the best choice because of its softness and ability to wick moisture more efficiently than most other fabrics. Silk is extremely lightweight and actually holds more heat than wool in cold weather, making it the perfect neck warmer without being too bulky.

Wild Rags can now be found in a never-ending variety of patterns and colors to match any outfit. They come in a variety of sizes, usually ranging from 20 to 44 inches square. There is also an extremely popular rectangular adaptation called the Roy Rogers, which is a strip of fabric about 7 inches wide and 3 feet long.

Throughout the years, wearers of Wild Rags have also discovered many intricate ways of tying them around the neck. The easiest way to secure a Wild Rag is to fold the fabric in half diagonally to make a triangle and cross the two ends around behind the neck. Bring the ends back to the front, tighten, and secure with a scarf slide or ring. The slide allows for easy adjustment and quick removal. There are also a variety of knots that can be used with Wild Rags. Perhaps the most popular knot is the basic square knot.

(See The How To Tie Tutorial on next page)

Get inspired by some of the beautiful patterns below from Lexi's Closet!



STEP BY STEP



Step 2



Step 3



Step 4



Step 5 (3 Pictures)



Step 6

- 1** Fold fabric in half diagonally to form a triangle. You may roll the top a few times to get rid of extra bulk.
- 2** Cross tails around the back of neck and bring back to the front. Pull to tighten.
- 3** Cross the tail in your left hand over the tail in your right hand.
- 4** Bring the end up through behind the right tail and tighten, like the first step of tying a shoe.
- 5** Now take the tail on the right side (the same one you just used in the previous steps) and cross it over to the left side again. Bring the end up underneath the left tail and push it through. Pull to tighten.
- 6** You can roll the knot over itself and adjust the fabric to clean up the presentation of the square knot.

More Wild
Rag Styles
on the next
page!

There are many other knots that can be used to tie Wild Rags. A few more options are the Windsor Knot and the Buckaroo Knot, pictured below.

Many Wild Rags are also the perfect size to use as a headscarf or as a bandana to cover your nose and mouth. However you decide to wear it, this Western fashion staple has so many functions and a fun variety of looks that will dress up nearly any outfit in your wardrobe.



Windsor Knot



Buckaroo Knot



22" scarf with knot either in front or in back (bandana style)



36" scarf with a scarf slide instead of a knot



Jesselyn Seaton

Jesselyn's idea for Lexi's Closet started many years ago as a dream to open a boutique with her mom. In 2019, she had a very clear vision for a boutique that would provide not only some of the best performance horse supplies and equipment, but also a unique shopping experience for people, too. She believes strongly in supporting small businesses and entrepreneurs, so a lot of effort goes into assuring that the products Lexi's Closet provide are sourced with that in mind.

Shop Lexi's Closet for your very own Wild Rag along with other boutique clothing and accessories [HERE](#)

SELF-TAUGHT; A BAD WORD?

Brenna Ramsden

As it turns out, all sorts of words can be deemed 'bad words', trust me, I know. During this COVID madness I have been FaceTiming with my cousin and her young kids, reading stories with them and sometimes just keeping them entertained so my cousin can sneak in a shower. While doing this I kept telling my cousin how 'weird all of this felt'. It was then I was reprimanded by a nearly-three-year-old because "we don't say weird. Its a bad word."

Thanks to a boy at daycare (who probably likes the nearly-three-year-old, Brooklyn, and couldn't stop picking on her) we no longer say weird. We can say silly or strange, but we can't say weird. See that, how a simple little word can become a bad word. Thats how any word can become a bad word - and somehow I have made self-taught a bad word.

Usually a word like that should carry honor, right?

You had the integrity, the spirit, and wit to teach yourself a valuable trade, that's awesome! So why was I walking around hiding my self-taught badge, and feeling shame.

I was comparing myself to my friends who have design degrees and certificates, the people who were 'winning' at Instagram, the businesses that were offering deals on content I had thought of weeks ago but figured it was stuff 'everyone knew already.' I was walking around thinking I would never be as good as these people I was following because I was self-taught.

You see, I went to school for Agricultural Communications - a degree that would give me a little bit of knowledge about every media discipline, but not enough to become an expert in the field. I took classes on personal branding and using social media to your advantage, classes on newspaper layout, broadcast media classes, investigative journalism classes, and of course classes on animal science, cow-calf production, crops and soil sciences. I worked in radio, print journalism, and tv news before I decided to start my own branding company. I had interests in design, branding, and photography, which led me to learn more about it.



When I think of self-taught, I never considered that I was a self-taught designer, photographer or brand strategist. It wasn't until I met a new friend on Instagram and she was praising me for being self-taught. She couldn't believe I was creating all of my content on my own, and that better yet I was self-taught. She praised me for it. That's when I started shifting my mindset and took a look at what I was telling myself about my self-taught badge.

Being self-taught is a badge of pride. (You go girl!!)

It is having enough courage to push yourself to learn something new, to set out on a path unknown and hold yourself accountable until you feel confident enough to try it on your own.

Today, there are more free resources than ever before when it comes to learning. YouTube and enough Googling can lead you in the right direction, and soon enough you will have pulled enough knowledge from different places to come to your own conclusions about the topic at hand. Whether you want to learn a new hobby, or want to create a business and life for yourself, there are opportunities to learn, you just have to be courageous enough to reach out and grab them.

How often do we get stuck in a mindset that keeps us from leveling-up? My mindset about the self-taught badge was keeping me from embracing my business in a way I was seeing others do. It wasn't that I was looking down on others self-taught badge, in fact I was admiring what they created for themselves. It was only my own mindset I had to change.

Today I challenge you to look at something small you could change, and instead of fearing the worst, wonder what could be better on the other side. Changing my mindset about being self-taught has improved my business in ways I never expected, and it feels a bit liberating if I am honest. I can't wait to see what changes do for you in this season.

Follow Brenna Ramsden

@brennaramdsen

Facebook: B.Creative by Brenna Ramsden

Make sure to check out her online store for cool and cheeky stickers and graphic apparel [HERE](#).



GOING FOR IT

Q&A WITH JORDAN KRUSE LITTLE KRUSERS DAYCARE

WHY DID YOU START LITTLE KRUSERS DAY CARE?

The strongest motivator to start and grow my own daycare business was that it would allow me to have more time with my son, Paxton. Daycare allows me to be my own boss, teach, and work with children; which are all things I love to do.

WHAT HAS BEEN THE BEST PART ABOUT 'GOING FOR IT'?

Spending time with my son and watching him learn and grow as an individual everyday. I love that I get to see him play and interact with his friends and be a part of it. It brings me absolute joy when Paxton wakes up and instantly watches out the window for his friends and at the end of everyday asks, "Where did my kids go?"

I love the variety. I have a set routine, but no 2 days are identical. Plus, being able to have my hair in a messy bun and the ability to wear yoga pants daily is a perk!



Photo by 3 Cord Photography

DO YOU HAVE ANY ADVICE FOR SOMEONE WHO IS EXCITED TO OR CONSIDERING SWITCHING UP THEIR CAREER PATH?

Before anything soul search. Ask yourself what you want to get out of this new career path and what you enjoy doing.

Do a little recon and networking. Take the time to ask others in the particular field for more information.

I would recommend volunteering or setting up a job shadow to see if the new career path would be a good fit for you.

BEST ADVICE I have though is PRAY ON IT!

MEAL TIPS & QUESTIONS TO ASK A POTENTIAL DAYCARE PROVIDER ON THE NEXT PAGE!

WHICH QUESTIONS WOULD YOU ENCOURAGE PARENTS TO ASK WHEN LOOKING FOR CHILD CARE?

- *What are your policies and childcare philosophies?
- *What is your sick child policy/immunization policy?
- *What does the typical day look like? (schedule/nap/outside time/meals/art)
- *What are your policies on vacation/snow day/summer hours/etc.?
- *What are your daycare hours and rates (late fees/waitlist/sibling discount/payments)?
- *What are your provider-to-child ratios?
- *Is there a weekly learning plan (education/art/social skills)?
- *Can you describe to me your discipline policy/how you handle behavioral problems? How are biting/hitting/tantrums handled?
- *What experience with kids do you have? What makes you qualified? (CPR/First aid/training/certificates)
- *What emergency protocols/disaster plans do you have set in place?
- *Always ask for references and research!
- *Always tour the daycare in person.

EACH DAY YOU FEED A BUNCH OF KIDDOS - WHAT ARE YOUR BEST GROCERY HACKS & TIPS SOMEONE COULD USE IN EVERY DAY LIFE?

I am no pro, but below are a few tips I would suggest while meal prepping and grocery shopping!

- *Cook a lot, then freeze rather than having to cook the same meal multiple times
- *Bust out the crock pot and instant pot (so many easy recipes with these and require very little attention and skill)
- *Plan your menu and stick to your list
- *Watch for specials and ask for a rain check when needed
- *Order online and use grocery pick-up to prevent impulse buys and save time (plus who doesn't love shopping in their Pjs?)
- *Buy in bulk when it makes sense
- *Buy frozen veggies! While fresh veggies are better, frozen veggies are good and they keep well longer
- *Only use coupons for items you were already planning to buy.



WHAT'S NEXT FOR YOU?

We just recently built and moved into our new house, so we have a little decorating left to do and some projects that we would like to get done yet. Landscaping is at the top of our list. On the business standpoint, revising and changing up some of my daycare policies and handbook. Expanding our family is in the future as well, just not sure when yet.

Adulting 101

Making Friends After A Move

Joy Korman

I loved my home when I was growing up. The spaces, the carpet, the pictures. Our garden, the barn, the animals. Mowing the lawn and riding bike up and down the gravel driveway. It was always the same and it was the only thing I knew. The thought of our family moving away from it was a frightening thought.



One spring my dad found out he wouldn't have a job the next year at his school district due to budget cuts. I really thought this could be it. We might have to move somewhere else. In my mind it was one of the worst things that could ever happen, and it never came to pass. My parents are also still at the same house and I never experienced a whole lot of change in what I called home except for a few remodeling projects here and there.

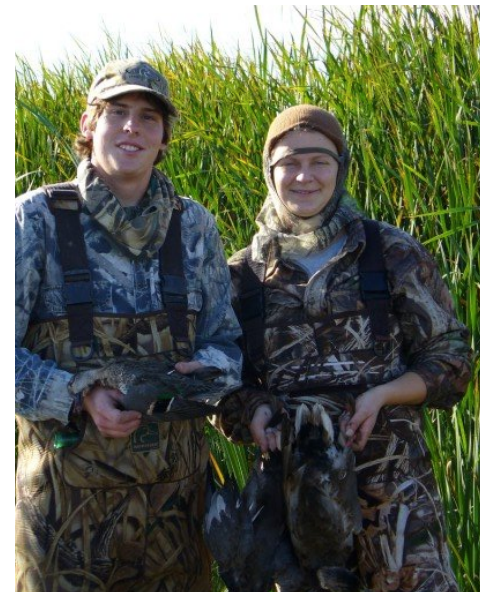
Look at me now. I have moved so many times, made so many homes in my short sixteen years away from my growing-up home, that if my husband and I decided to move again, it wouldn't phase me one bit. In college, I lived in three different spaces over the four years I attended. My husband and I have lived in six different locations together. We just go and have become experts at packing, dealing with realtors and banks, buying houses, selling houses, renovating, landscaping, and then just when we have everything the way we want it, and finally become part of a community, then we leave. That has been our life so far and although I hope to stay where we are for a while, I don't have high hopes that this is the last time we pack up items we haven't used in years, just to move them to another house to sit in a new storage space in the house.

Although it appears that I have become numb to breaking ties with the spaces that we have created to be a place of safety, security, and love, there are aspects of moving often that can be a little bit harder to come to terms with. The one that comes to mind is how to make friends in a new place.

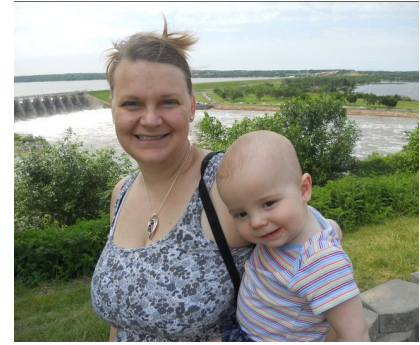
College

My first introduction to the challenge of making new relationships was when I moved to college. I was ready for it, and looking forward to the college experience. I felt I could handle it, and figured I was a tough cookie and mature enough to get through it on my own. Well, when October hit, only a few months in, I got pretty homesick. Walking on campus, sitting in a large auditorium, and sitting at lunch, I didn't see anybody that I knew. It made me feel hollow inside and lonely.

Isolation. Desperation for the recognition (of others and of me). This whole making friends seemed a much bigger mountain to climb than I had predicted. Yes, I did eventually make friends, but it wasn't easy and automatic like I had expected. There were times I felt a little bit sorry for myself and lost. And that was just the beginning, because this wasn't the last transition I would have to go through.



I met Brian in college through the Wildlife & Fisheries Club



Our first few communities as new parents

Community #1

In 2008, my husband and I moved to Community #1 so that I could teach there. Thankfully, there was a great group of teachers that intentionally got together to create connections and to support each other. Between trying to keep up with being a first year teacher and newlywed life, there wasn't much time to worry about making friends, because they were just kind of built in with school life. I am really grateful for this. My husband finished his graduate degree and got his first real job, so two years into enjoying our time there, it was time to go.

Community #2

We would be connected to Community #2 for about eight years, by either living there or driving there for goods and services. The first year that we were there, we welcomed our firstborn and I stayed home with him while my husband worked. Being a stay at home mom is likely very different for each individual, but I would say that it was a challenge for me in many ways. I was used to a built-in social network as a teacher, where you have people to talk to, interact with, and share with. Being at home with my son that year was isolating in terms of the friendship realm. During that time, I think I felt I was missing out on something. Trying to fight through the newborn stages, exhaustion, married life. Not really knowing what to do with myself when I used to be "on" all the time as a teacher planning, grading, going, going, going. Yes, I could clean, feed the baby, or go for a walk, but it isn't the same as when you are engaged in a structured job with a starting and end point, affirmations, assessments, and a product of your hard work.

I tried Mother of Preschoolers (MOPS) and it wasn't for me. We bounced around the church circuit to see if we could find one that fit well. We didn't. It doesn't really work to bring an infant to reading time at the library to potentially meet some other moms. Plus my son never slept, so I didn't either. I may have not been a great conversationalist even if I had more opportunities to make friends, just due to sheer exhaustion. Maybe the most social experience I could count on was going to the grocery store. By the time the year was up, I think I started recognizing some familiar faces. Some people said hi and acted like they knew me, but that might have just been some Midwest nice coming out.

I was looking for a sense of belonging. And I thought that meant I should have a ton of people that I knew and wanted me to be part of their life. Looking back, I clearly see that something was being built during that time, that was way better than having a large group of friends could ever be. We had good friends that we had met from college that had established themselves with a house and careers in that same town, who consistently reached out to us. We ended up having our first children within months of each other. During that time, I can see now how we were able to really strengthen our bonds through our shared experiences and time spent together during that year, and created a tether of friendship that we still maintain today.

Then we moved again.

Community #3

From 2011-2013, we lived in a small town about 45 minutes from where we were last at. It was for a teaching job for me, and my husband commuted to where we had been living for his same job. We bought our first home ever. A 1910 home for \$46,000. Community #3 was about a fifth the size of our previous location and very close knit. Trying to forge friendships and rapport in this community was probably the most challenging. Every town has its own culture and flavor. I have lived in enough of them to know this is true. When everyone knows each other and you are the new one, you are on the sidelines for a while. You don't get automatically put into the game. It just doesn't work that way. Don't get me wrong, there is always the shell of initial welcome and good intentions from many folks, but I have learned you have to work and wait for authentic and real acceptance. It always takes time. That is the reality.

Eventually, as time went on, beautiful friendships blossomed that I am so happy I still have today. But of course, as soon as those friendships were established, and after replacing bad sewer pipes and having our yard dug up, painting the entire upstairs and adding a bathroom and a closet, we moved back to Community #2 for my next career move.



Thankfully each community has given us ample access to the great outdoors - getting outside is one of our family favorites!

Community #4 (Technically #2 on repeat)

For this return move, we had a transition location in a cabin rental for a couple of months, then moved into our new-to-us by 70 years newer construction, 1980s house. No more plaster!! No more scary electrical set up. This time we had an acreage and tons of space. We eventually had a huge garden, planted fruit trees, flowers, tore up the basement and replaced the flooring, wall papered, painted, added a man-cave closet to the laundry room space. We spent from 2014-2018 at our acreage, not only growing fruits and vegetables, raising kids and chickens, but also growing as part of the Community #4/#2.

It was nice that we already knew some people from our first time being there, but it was like starting over again. My job was with a university that was actually in another town about 30 minutes away, so I had some new social interactions with colleagues there. The initial time with the new church we attended unfolded the same way as any new town we had moved into.

There were already all the established cliques of people. Groups of people who knew each other well, and spent lots of time together. Of course there were friendly faces and extroverts that reached out to get to know us, but I didn't feel genuine friendships or belonging like I wanted. It doesn't help that every time we have moved, I have had just had a baby, so I am sure the hormone changes, life changes, and sleepless nights didn't help with my feelings about my social situations. But what felt like a long time, I remember feeling frustrated about the speed of making meaningful relationships there.

I should have known that I needed to wait, but when you are struggling and trying to keep your head above water, it is tough to see above the waves and look at the big picture. I can see it now, though. I just needed to give it time. It was well into our second year attending that church before we got involved with more committees, activities, and leadership opportunities, and guess what? Our church, the people, and community started feeling like home. We had friends that were young and old, and everywhere in between. And then we had to leave. Yes. Another move for another job. This time for my husband.



Me extra pregnant a few months after we moved into our newest "Home".

Community #5

This last move was not just hard on us, the adults because we had spent a long time putting down roots in Community #4, but so did our kids. And they had to leave all of that and start over again. If moving is hard on me, it has to be hard for a four and seven year old. And you have to remember too, they didn't and still don't have social media to connect them to their friends like many adults do.

When we moved this last time, I had a much better state of mind for what it was going to be like. I had no expectations for making friends right away. I also wasn't as worried about it because I had bigger things to worry about with being pregnant, health issues, and knowing we would welcome a new baby into our lives a few months after the transition. We simply transferred our membership to a sister church in our new city, so we didn't have to look for a new church. I figured when the new baby got closer to a year old, I would start figuring out how to be involved with the church and things would just fall in place by year two. And I was right. It did. But that is what moving five times prior teaches you.

I have a few major conclusions I want to share with you here.

First, uprooting yourself to a new community is hard. You have to realize that there aren't necessarily going to be people running up to you wanting to be your friend. The people living there have their friend group already. Why would they need anyone new? Not that they are purposely being selective, but there isn't much reason to try to make new friends when you already have them.

There isn't a lot of motivation, unless the person is a super extrovert who just loves people. And you have to remember how busy most individuals and families are today, whether they have children or not. Between jobs, handling households, leadership positions, volunteering, etc., hanging out with friends you already have is a rare occasion. Well, that might just only be us. I guess I shouldn't speak for everyone.

Second, two years is probably the adjustment time for a place to feel like home, based on my data. And relationships have to be built through perseverance, by putting yourself out there, and just giving everything time. Just like you have to plant seeds and sow a garden, and wait for the plants to grow and then produce fruit, the same thing happens when you move and build friends, family, and home in a new place. Even though it feels like forever, eventually it all just suddenly happens. Waiting is the hardest part.

Third, Starting relationships in new places is tricky, but once you have them, you can make the choice to keep them. I have cultivated and painstakingly maintained some incredibly deep, long lasting, surviving all odds and time and space friendships.



2 years later we are feeling settled in after the latest move

Friends from childhood, from college, from multiple communities. And just think, if we didn't change our living location, I would be missing a whole set of amazing friends to call, follow, support, and love, no matter the distance.

Lastly, change is hard, but moving gets easier. If you have never moved, and it scares you, I get it. If you have moved before, and you dread doing it again, I've been there. If moving ends up being in your future, just keep in mind the bright prospect of amazing friendships that are yet to come your way, eventually, wherever you go.



We are happy to make memories together as a family and meet new friends wherever we are called to go

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