



FREE RESOURCE · PERSONAL GROWTH

WORKBOOK

Beginning Again

For a move, a new job, or a new season of life.

Owen Magocha

OWEN-MAGOCHA.NETLIFY.APP

Beginning Again: a workbook for a new chapter

A workbook for anyone starting a new chapter: a move, a new job, a new season of life. Seven short sections of questions, prompts and planning pages, designed to be written in by hand.

Print it single-sided, keep it somewhere you will see it, and come back to it weekly during your first three months.

PLEASE READ

This workbook is a personal-reflection tool. It is not legal, immigration, financial, tax, medical or mental-health advice, and using it does not create a professional relationship of any kind. If you are making decisions about visas, residency, employment, money or your health, please speak to an appropriately qualified and registered professional in the relevant country.

If you are struggling and feel unsafe, contact local emergency services or a crisis line straight away. In Australia, call 000, or Lifeline on 13 11 14.

CREDITS

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USE

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A note on starting over

Most of my working life has been spent with people at the edge of a change: a job offer in another country, a visa granted, a lease signed in a city they have only seen online. The paperwork matters, and I take it seriously. But I have learnt that the forms are rarely the hardest part. The hardest part is the inner work of beginning again: deciding who you want to be in a place where nobody yet knows who you were.

I have done this myself. My family and I have made a home on the Sapphire Coast of New South Wales, a long way from where my story began. I know the strange mixture of relief and grief that comes with a fresh start, and how easy it is to fill the first months with logistics and never stop to ask what the new chapter is for.

This workbook is for anyone starting over: after a move, a new job, a graduation, a loss, a recovery, or simply a decision that something has to change. It is not a plan someone else has written for you. It is a set of questions and spaces to help you write your own.

How to use it

Work through the sections in order if you can. *Taking stock* and *Values* come first because everything else rests on them. Write in pencil if you like; your answers will change, and that is fine. Return to *The first 90 days* every week. Keep *When it gets hard* for the days you need it. Most of us do.

Begin where you are. It is the only place anyone ever begins.



IN THIS WORKBOOK

01	Taking stock	What you carry, what you leave
02	Values	What you will not trade
03	Twelve months from now	What success looks like
04	People	Mentor, friend, community
05	The first 90 days	A week-by-week plan
06	Routines	Scaffolding for a new life
07	When it gets hard	For the difficult weeks

Taking stock

Before you plan anything, take an honest inventory. A new chapter is a little like packing up a house: some things you carry, some you give away, and some you are surprised to find you still own.

WHAT I CARRY WITH ME

Skills, experience, qualifications, habits, faith, relationships, hard-won lessons.

WHAT I AM LEAVING BEHIND

Places, roles, routines, people, versions of myself. Mark which you chose and which you did not.

STRENGTHS I TEND TO FORGET I HAVE

Ask someone who knows you well if you are stuck.

WHAT I WILL MISS

WHAT I AM RELIEVED TO LEAVE

WHAT I AM AFRAID OF

Name it plainly. Fear is easier to handle once it is written down.

WHAT I AM LOOKING FORWARD TO

IN ONE SENTENCE

This new chapter is about...

Values

In a new place, the old structures that held you up are gone. Values become the frame. Circle the words that matter most to you, add your own, then narrow them to five.

Faith	Family	Honesty	Courage	Generosity
Learning	Excellence	Service	Freedom	Security
Justice	Creativity	Health	Humility	Loyalty
Adventure	Community	Discipline	Kindness	Patience
Independence	Stewardship	Peace	Hospitality	Gratitude
Craft	Wisdom	Joy	Responsibility	Respect
_____	_____			

MY FIVE

VALUE	WHAT IT LOOKS LIKE ON AN ORDINARY TUESDAY	WHERE IT IS AT RISK IN THIS CHAPTER
1		
2		
3		
4		
5		

Twelve months from now

Write as though it is a year from today and things have gone well. Not perfectly; well. Be concrete enough that you would recognise it if it happened.

WORK AND STUDY

What am I doing, and how does it feel?

HOME AND FAMILY

What is home like on a weeknight?

HEALTH AND REST

How am I sleeping, moving, eating?

FRIENDSHIPS AND COMMUNITY

Who do I see regularly?

FAITH AND MEANING

What keeps me grounded?

MONEY AND PRACTICAL LIFE

What feels settled that does not yet?

Three measures that will tell me I am on track

Pick signs you can actually observe. “Feel settled” is hard to measure; “have two people I could call at midnight” is not.

MEASURE	BY WHEN	HOW I WILL KNOW
1		
2		
3		

WHAT I AM WILLING TO SAY NO TO

Every yes in a new season costs something.

WHAT I WILL NOT COMPROMISE ON

Look back at your five values.

A NOTE FROM TWELVE MONTHS AHEAD

What would the future you want to tell you today?

People

Nobody should begin again alone. In my work I have noticed that the people who settle well are rarely the ones with the most money or the best plan. They are the ones who find their people early.

a A mentor

Someone a few steps ahead of you, in your field or your new place, who will answer honest questions honestly.

WHO MIGHT THIS BE?

WHERE MIGHT I FIND THEM?

FIRST STEP, AND BY WHEN

b A friend

Someone who will tell you the truth, notice when you go quiet, and have you over for a meal.

WHO MIGHT THIS BE?

WHERE MIGHT I FIND THEM?

FIRST STEP, AND BY WHEN

c A community

A church, club, team, choir, class or volunteer group: somewhere you are expected each week.

WHO MIGHT THIS BE?

WHERE MIGHT I FIND THEM?

FIRST STEP, AND BY WHEN

PEOPLE I AM LEAVING BEHIND BUT WANT TO STAY CLOSE TO

How and how often will I keep in touch?

The first 90 days

The first three months set patterns that are hard to change later. Plan them lightly, review them weekly, and expect to adjust. Most of the value is in the weekly look back.

MY THREE PRIORITIES FOR THE FIRST 90 DAYS

1

2

3

DAYS 1-30

Settle

*Home, essentials, routines, finding
your way around.*

MY FOCUS

DAYS 31-60

Connect

People, community, learning how things really work.

MY FOCUS

DAYS 61-90

Build

Momentum, contribution, the first signs of belonging.

MY FOCUS

	FOCUS THIS WEEK	THREE THINGS TO DO	WHO TO CONTACT	REVIEWED
WEEK <i>01</i>				☐
WEEK <i>02</i>				☐
WEEK <i>03</i>				☐
WEEK <i>04</i>				☐
WEEK <i>05</i>				☐
WEEK <i>06</i>				☐
WEEK <i>07</i>				☐

	FOCUS THIS WEEK	THREE THINGS TO DO	WHO TO CONTACT	REVIEWED
WEEK <i>08</i>				☐
WEEK <i>09</i>				☐
WEEK <i>10</i>				☐
WEEK <i>11</i>				☐
WEEK <i>12</i>				☐
WEEK <i>13</i>				☐

DAY 90 REVIEW

What worked, what did not, and what the next 90 days are for.

Routines

In a new place, routines are scaffolding. They hold you up while everything else is still being built. Start with a few anchors rather than a perfect timetable.

MORNING ANCHOR

Prayer, a walk, reading, the same breakfast.

MIDDAY ANCHOR

A real lunch, a call home, ten minutes outside.

EVENING ANCHOR

A shared meal, a screen curfew, a set bedtime.

A SIMPLE WEEKLY RHYTHM

FIXED COMMITMENT

ONE THING FOR ME OR MY FAMILY

MON

TUE

WED

THU

FRI

SAT

SUN

ONE WAY I WILL EXPLORE MY NEW PLACE EACH WEEK

A beach, a market, a library, a walking track, a different church service, a local event.

When it gets hard

It will get hard. That is not a sign you made the wrong decision.

In my work I have noticed that the difficult moment often arrives later than people expect. The first weeks are busy and novel. Then the boxes are unpacked, the paperwork is done, and a quieter kind of loneliness or doubt arrives, often somewhere around the third month. People who know this in advance tend to handle it better, because they recognise it for what it is: a stage, not a verdict.

Fill in this page on a good day, so it is ready for a hard one.

SIGNS I AM STRUGGLING

Sleep, appetite, withdrawing, irritability, scrolling late.

THINGS THAT GENUINELY HELP ME

Not what should help. What does.

PEOPLE I CAN CALL

NAME	NUMBER	NAME	NUMBER

IF YOU FEEL UNSAFE

Please contact local emergency services or a crisis line straight away. In Australia, call 000 in an emergency, or Lifeline on 13 11 14, any time of day or night.

A letter to myself, to read on a hard day

Write it now, while you remember why you began. Remind yourself what you hoped for, what you have already come through, and who is on your side.



*Begin where you are. It is the only place
anyone ever begins.*



If this workbook helped you, pass it on to someone else who is starting over. More essays and free resources are on the website.

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