

FOR THE CALM AND THE RESTLESS —

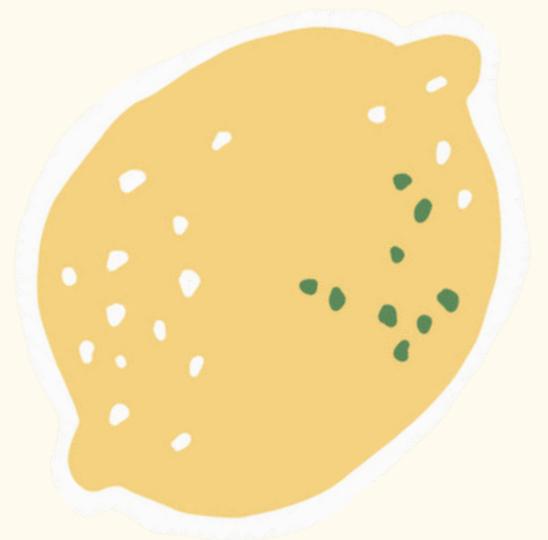
THE ONES WHO FEEL SOMETHING MUST SHIFT, BUT WANT TO PAUSE AND FEEL FIRST.

# 5 MEANINGFUL QUESTIONS TO ASK YOURSELF BEFORE A LIFE CHANGE





# THE NOTE FROM ME



## Ciao, the calm and the restless!

Before I made a big life change — **moving abroad with my family** — I didn't know how disorienting it would feel.

**I wasn't prepared** for the questions — mine or anyone else's.

Looking back, these are the ones I wish I'd asked myself. Maybe they'll help you pause and **breathe before your own next step**.

---

*\*These are reflections from my personal experience. They are not professional recommendations — just the kind of questions I needed, and maybe you do too.*

---

# 1

## AM I READY TO ACCEPT THAT NOT EVERYTHING WILL CHANGE — EVEN IF I DO?



Sometimes **we hope that a big change will erase what's hurting** or making us restless. But even after massive shifts, some old feelings remain.

You can't put a stone into a jewelry box and expect it to turn into a diamond.

Can I accept that not everything will change — and **still choose to move forward?**



---

*\*These are reflections from my personal experience. They are not professional recommendations — just the kind of questions I needed, and maybe you do too.*



# 2

## AM I TRYING TO RUN AWAY FROM SOMETHING?

Do I truly need this change — or am I hoping to escape feelings that feel too heavy? The line between the two is thin, but important.

**Real change begins** when we move towards ourselves, not away from something.

I'll be honest — **part of me was trying to run, too.** Even moving to another country didn't quite help me escape myself. What about you?



*\*These are reflections from my personal experience. They are not professional recommendations — just the kind of questions I needed, and maybe you do too.*



# 3

## WHAT DO I IMAGINE LIFE WILL FEEL LIKE AFTER THE CHANGE?

Do you remember longing for something so much — finally getting it — and then thinking: **Now what?**

That's why **it matters to ask:**

- Will this change really bring the feeling I hope for?
- What will it be like the day after the change?
- Can I picture my new daily life?

**For example:** What will my days feel like when I'm living in that new country, waking up to a new routine?



*\*These are reflections from my personal experience. They are not professional recommendations — just the kind of questions I needed, and maybe you do too.*

# 4

## AM I READY TO PRIORITIZE MYSELF?



Not selfishly — but honestly.

Can I stand up for myself, even if it means **setting boundaries** or disappointing others?

Choosing yourself is not arrogance. It's courage. And often, it's where the **new story begins**.



*\*These are reflections from my personal experience. They are not professional recommendations — just the kind of questions I needed, and maybe you do too.*

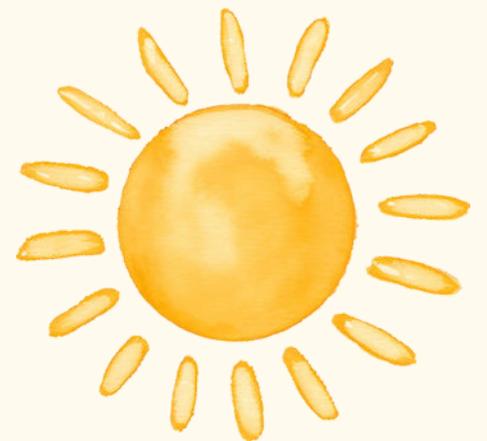
# 5



## AM I READY FOR OTHERS TO ASK QUESTIONS I CAN'T ANSWER?

- “Why?”
- “What are you doing?”
- “Are you sure?”

People will ask.



Can I live with **not having the answers** — not for them, maybe not even for myself yet?

This was **one of the hardest parts for me** in the beginning. So many people asked, and I didn't have the answers. Maybe this helps you be just a little more ready than I was.

*\*These are reflections from my personal experience. They are not professional recommendations — just the kind of questions I needed, and maybe you do too.*

---

**You're not strange** if you're  
uncertain.  
You're not indecisive if you hesitate.  
You're not foolish if you **change**  
**your mind** after making  
a big move.  
**You're human.** And that's the most  
beautiful thing you can be.  
You don't need to answer all of  
these questions today.  
It's enough that you're asking them.



---

*\*These are reflections from my personal experience. They are not professional recommendations — just the kind of questions I needed, and maybe you do too.*

NEW  
CHAPTER,  
SAME  
HEART –



*Linda*

[WWW.CHAPTERSWITHLINDA.COM](http://WWW.CHAPTERSWITHLINDA.COM)