



Your 57401
GAME PLAN

Brought to you by:



*The Relocation
Companion*

Welcome Home

Aberdeen, South Dakota is a clean, safe community of friendly people surrounded by wide open spaces with lots of freedom to roam. There's plenty of room for more to join this livable community! Our unique geographical location makes us a hub of activity for Northeastern South Dakota and we're glad you want to be part of living here.

The contents of this packet are designed to help support you and your family as you integrate into the community. We recognize that embarking on a fresh start in a new place is a process often full of questions but not many answers. This is where we stand apart, and it's the driving force behind Your 57401 Move.

Through this initiative, we're filling a need for relocation support and are focused on ensuring your long-term success in Aberdeen. Among the many resources available to you as new residents, Your 57401 Game Plan is one of them.

This self-paced and customizable workbook has been thoughtfully designed to facilitate your transition. We cover crucial topics that will be important for you to know and work through in a way that's flexible for you to utilize before, during, and after your move.

We encourage you to take advantage of this valuable resource, along with others available through the below QR code. If you ever find yourself in need of specific support that isn't readily accessible, please don't hesitate to reach out directly, and we'll gladly steer you in the right direction.

Wishing you many wonderful memories as you begin your 57401 journey.

The Aberdeen Area Chamber of Commerce Team



This initiative is in conjunction with:



RELOCATION SUCCESS

Bucket List

Foundation

Successful Actions

What to Expect

Home

Changes and Challenges

Social Circle

Support Systems





Foundation

A solid foundation will set the stage for the relocation success that follows as you make Aberdeen home. To start, you need to have a clear understanding of 1) Why you are making the move, 2) What relocation success will look like for you, 3) What your goals and priorities are that support this success, 4) What your strengths are, and finally, 5) What is the most uncomfortable, or hardest part about the move for each person in your family.

As you work through this page, take some time to really think about each component and discuss with your family. These are important to understand and establish before moving forward. Keep in mind: Each individual may have their own definition of success. There may be overlapping goals and priorities among family members. It can be helpful to have others point out strengths for one another.

Relocation success is... _____

The WHY behind the move: _____

How long I/we anticipate living in Aberdeen: _____

Who is making the move: _____

Strengths of each person moving: _____

Hardest parts of starting over somewhere new: _____

PRIORITIES

GOALS

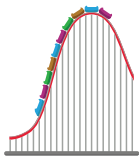


What to Expect

Relocating is a major life change. You are completely uprooting your life and starting over (from scratch) somewhere new. There is a lot that gets packed into a move (literally and figuratively), so don't be surprised if you notice the following:



Settling in somewhere new takes time. No matter where you move, there is a transition period that you go through. Some people get adjusted and feel settled pretty quickly, while others take more time and it is a slower process. No matter how quickly you feel settled, **a complete transition into a new community takes at least 12 months.**



Relocating can sometimes feel like you are on a rollercoaster. One day you are enjoying life in the honeymoon phase and the next, you feel like you've hit rock bottom. **This is normal**, as it is for any other major life change. Utilizing your support systems and focusing on the positives will help you through the rollercoaster.



Relocating requires support. No matter how capable, independent and amazing you are, there will be times when you need to utilize a support system, and that is OK. **In fact, we encourage you to get as much support as possible for your relocation to go smoothly and be a success!**



Getting involved can be a challenge for some, but it is necessary when relocating. Whether you want to make new friends, make business connections, or find the places that make the community feel like home to you, you will need **to get out and get involved.** Don't worry, there are many different ways to get involved...and sure to be something that is a good fit for you!



You are going to have to take action! You defined what relocation success will be for you, now you have to take steps to get there. Make sure you don't skip the Successful Actions section as you go through this workbook!



Relocating is one of life's most stressful events. Sometimes it will be easier to focus on the negatives instead of the things that are going right for you. We encourage you to be mindful of this and consciously try to **focus on the good and celebrate the wins as you go through this transition.**



Changes and Challenges

Relocating and starting over in a new place presents a series of changes, which can sometimes be challenging. To ensure a smooth and comfortable transition, it is crucial to identify the changes and challenges that the move entails. Once identified, you can start preparing and creating a plan, relying on available support systems to make this major life change as manageable and enjoyable as possible.

As you go through the weeks and months after the physical move, keep track of new challenges that present themselves. Keep adding to this section to find appropriate support systems and ensure you have a plan to work through the challenges.

CHANGES:

CHALLENGES

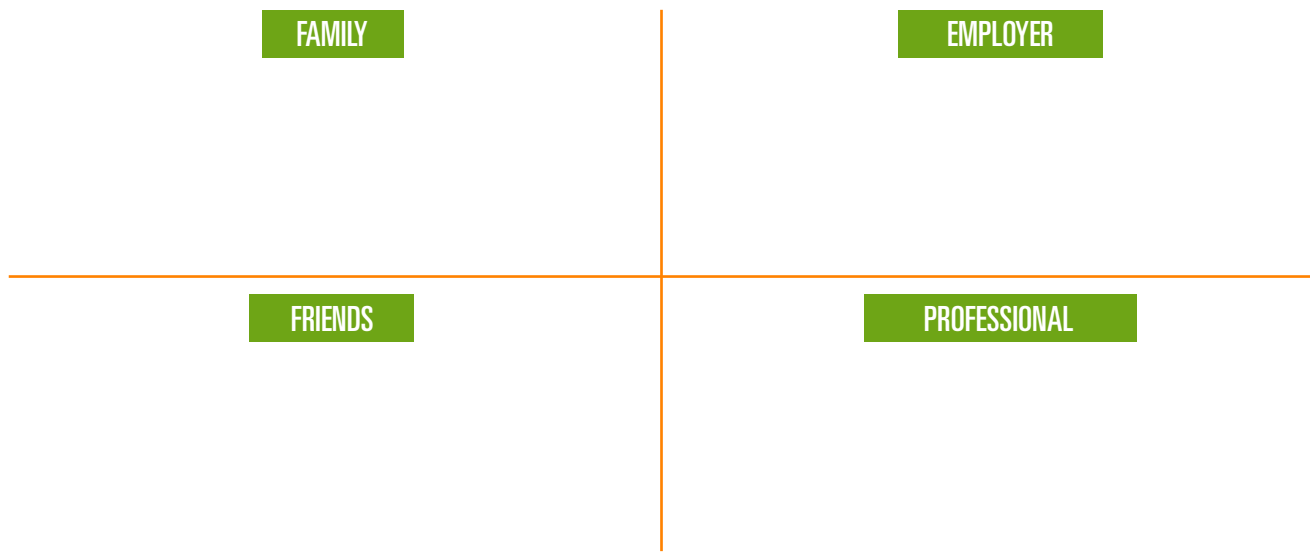
SUPPORT & SOLUTIONS



Support Systems

Everybody needs support as they go through a relocation. Let's map out what support systems you can utilize for this move! List out who/what your supports are and what kind of support they can provide to you.

1. Family (empathize, encouragement, brainstorm ideas, love)
2. Friends (connect when feeling alone, celebrate wins, accountability)
3. Employer (employee assistance program, connection to service providers, recommendations, local ideas, specific relocation support)
4. Professional (counselor, grocery delivery, house cleaner, movers)



ABERDEEN COMMUNITY SUPPORTS

Come see us at the Chamber to learn about additional resources to meet your needs in the community.

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| <ul style="list-style-type: none"> • City of Aberdeen • KO Lee Aberdeen Public Library • Aberdeen Public Schools • Roncalli Catholic Schools • Aberdeen Christian School • Trinity Lutheran School • Avera Health • Sanford Health • Horizon Healthcare • Salvation Army Food Bank • Northeastern Mental Health Center • Aberdeen Are Chamber of Commerce Networking Mixers | <ul style="list-style-type: none"> • Ken's SuperFair Foods Grocery Delivery • Walmart Grocery Delivery • Safe Harbor • Northern State University Innovation & Startup Center • SD Department of Labor & Regulation • Boys & Girls Club of Aberdeen Area • Aberdeen Family Y Child Development Center • Public Transportation – RideLine • Brown County Welfare & Brown County Health • Faith Community/Places of Worship |
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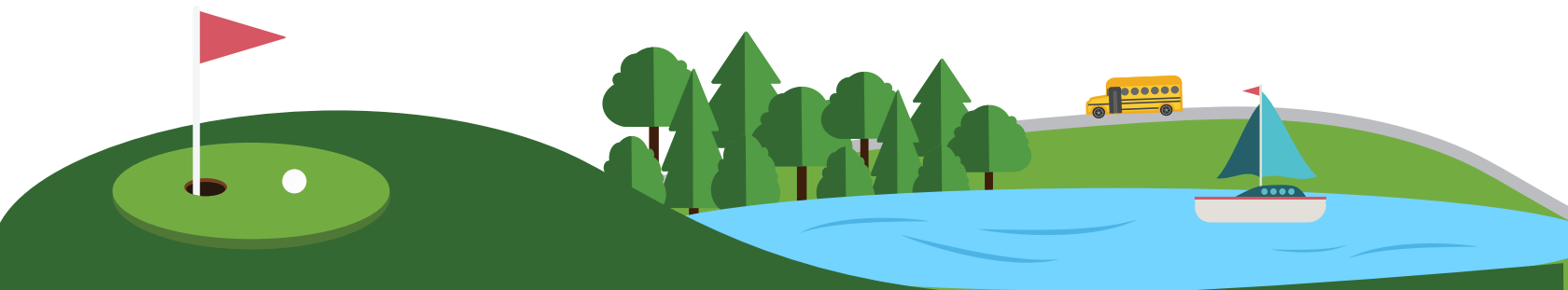


Social Circle

Making new friends is often one of the top concerns people have when building a life somewhere new. Understandably, you want people you can laugh and enjoy life with, as well as have love and support from people physically close to you. You may want somebody to explore the area and have small adventures with. You may want a family to cookout and have playdates with. Or perhaps you want some solid work connections that you enjoy collaborating with. Whatever the case may be, you have to now build a social circle around yourself.

The best way to make new connections who you enjoy and can relate to is to:

1. Combine the things you are passionate about (think hobbies and extracurricular activities, or business groups/organizations) with opportunities to interact with other people. If there are groups, clubs or meetups to participate in, do so!
2. Go to [The Hub City Link](#) to see what service clubs or non-profit organizations we have for you to check out. Then reach out and find a time to go try them out!
3. Attend community events and start a conversation with somebody there. Check out [AberdeenAreaEvents.com](#) and pick a couple events to commit to attending. It may take a little courage, but really worth the effort. If you want some extra encouragement or advice on which upcoming events to attend, stop by and see us at the chamber office. We would love to help!
4. Be persistent in your efforts. Making good friends doesn't happen overnight. It takes time to find people you enjoy and would want to develop a friendship with. Once you find those people, you then have to build the relationship, which also takes time.





Home

Home is where the heart is. This is a timeless adage that beautifully captures the essence of comfort and belonging. It embodies the notion that a physical dwelling is more than just bricks and mortar; it symbolizes the emotional sanctuary where our deepest affections and cherished memories reside. In this space, we find warmth, love, and a sense of true belonging, making it an irreplaceable anchor in this new journey.

As you turn your new space into a home, remember to:

Decorate with familiar, or sentimental, items from your previous home. These can bring you comfort and help transform this new space into a place that reflects your personality.

What 1 or 2 items from your previous place are "must-haves" to incorporate into your new space? _____

Choose a room to decorate however you like! This could be really fun, or a new style you've been excited to incorporate into your home. If you have kids, let them decorate their rooms, as it gives them a sense of pride and also some control over their new surroundings. You can do variations of room decor projects on any budget.

What ideas do you have for your rooms? Paint colors? Themes? _____

Dedicate time to plan your outside space. This may be planting more trees and plants, or taking down a fence, power-washing a deck, or choosing the perfect place for your patio furniture. Your outside space is just as important as your inside space. This is what you see everytime you come home, and should also be a source of comfort and solace for your family.

What is one thing you know you want in your outdoor space? _____

Adjusting to a new home and state takes time, so be patient with yourself. Allow yourself to adapt gradually and open your heart to the new possibilities that come with this change. Over time, your new home will become a place where you create new cherished memories and a sense of belonging.



Successful Actions

At this point it is time for you to get this wheel turning!

You should now have a clear understanding of the foundation for this move, know what to expect as you go through this major life change, have identified the changes and challenges to come with the move and identified the support systems that can help you along the way.

You also should have some guidance on how to start building your social circle here in Aberdeen, and have a map to sketch out what building your new hub may look like.

Your next step is to take action!

Start by selecting three actionable items that will bring you closer to achieving relocation success. Make sure you choose action items that support your goals for relocation success and align with your priorities.

You will need to set a timeframe to complete each action item. Ideally choose items that can be completed within two to three weeks. It's important to set achievable goals that will keep you motivated, and gaining momentum toward relocation success.

Once you've accomplished your action items, establish new ones and repeat the process to continue making progress towards a successful move.

Action Item #1 _____

Complete By: _____

Action Item #2 _____

Complete By: _____

Action Item #3 _____

Complete By: _____



My Aberdeen Bucket List

Bucket lists are a great resource to utilize as you explore and get excited about living in Aberdeen. The beauty in a bucket list is that YOU get to create it, so it includes things that you WANT to do. Bucket lists do not need to be extreme activities, like skydiving. They can be simple, like restaurants, events, day-trips, activities, landmarks, etc..

Do a little research and have some fun designing a bucket list of all the things you want to do, see or try in Aberdeen. If you have a spouse and/or family, let this be a collaborative list to create together!

- Dacotah Prairie Museum
- Kuhnert Arboretum
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Scan the QR code to explore "Things to Do in and Around Aberdeen" for additional inspiration!



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