



A Big Move: What I Learned From a Leap of Faith

After a few months of living with my parents post-graduation as I interviewed for job after job, I excitedly picked up the phone when a San Diego area code flashed across the screen. Moments later, I had a start date in a city I knew little about and knew no one in.

When I arrived on my first day, I was excited, but terrified. *Had I made the right decision?*

I spent those first weeks alone, hunting for apartments, exploring new restaurants and reading on the beach. Between a handful of tearful evenings, I learned to fully appreciate my own company. I recognized my ability to problem solve, I mindfully studied my emotions and how I processed both joy and pain, I absorbed my surroundings without the distractions of social plans and I relished in the time to learn more about my passions.

The move softened me a state of vulnerability and softness I hadn't experienced before. I leaned into the feeling and opened up to a new coworker about my fears about the new city. She reciprocated this sense of vulnerability, generously offering her place as a crash pad as I continued to settle into the city. While nervous to stay with a relative stranger, I felt emboldened by the leap of faith of my move and my growing self awareness. Five years later, this coworker is among my closest friends and has shown me how vulnerability can cultivate and strengthen relationships.

Leaps of faith — whether it's moving to a new city, opening up to others or anything and everything in between — prime us to learn important lessons, foster meaningful connections (with both ourselves and others) and approach situations with a refreshed outlook.

Looking back, I don't know how my younger self made that leap almost fearlessly, but the outcome continues to inspire additional leaps that keep me growing.

Have you ever made a big move? What did you learn?