



Adjusting to living in the Unknown.

Navigating a new season of life, travel and work.

By Jada Small





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Part 1: Unravelling Fear

Fear :

It can be defined as an unpleasant emotion caused by the threat of danger, pain or harm.

2) Likelihood of something unwelcome happening.

3) Avoid doing something because one is afraid.



Part 2: Being uncomfortable in the Unknown.



Part 3:
Growth & the
embrace of
the unknown

Questions that you can ask yourself:

- 1) What is stopping you from doing what you've always wanted to do?
- 2) How can you embrace your season of discomfort?
- 3) How can you optimise your growth in your daily paths of life or new beginnings?



'Foreigner' - by Jada.S

