# 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.

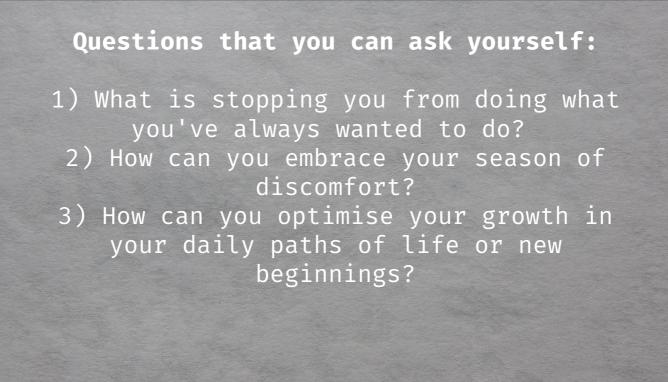
3) Avoid doing something because one is afraid.

# Part 2:Being uncomfortable in the Unknown.

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Part 3: Growth & the embrace of the unknown



# 'Foreigner'- by Jada.S