

# The WANDERER

## A Quick-Reference Guide

### Core Pattern

Constantly searching for a feeling of belonging but never finding it. Moving between jobs, relationships, physical spaces, etc., always seeking but never really rooting.

<p><i>How it Shows Up</i></p>	<ul style="list-style-type: none"> <li>⇒ Changing jobs, relationships or residences frequently</li> <li>⇒ Feeling restless, even in good situations</li> <li>⇒ Always thinking the grass is greener elsewhere</li> <li>⇒ Difficulty committing to decisions</li> <li>⇒ Never feeling truly “at home” anywhere</li> <li>⇒ The excitement of “new” quickly wearing off</li> <li>⇒ You may have breadth but lack depth</li> <li>⇒ Lack of a feeling of agency or ownership in your life</li> </ul>	<p><b><u>Actions to Practice</u></b></p> <ol style="list-style-type: none"> <li>1. Resist the urge to walk away too easily or too soon. Stay a little longer in conversations, projects, etc.</li> <li>2. Make a decision on something that matters and walk away from it.. Stick w/the decision and try not to think about it for 30 days, if possible.</li> <li>3. Create a ritual that makes you feel anchored in your home, your work space or a relationship.  No more runaway behavior!</li> </ol> <p><b><u>Watch out for:</u></b></p> <ul style="list-style-type: none"> <li>⚠ Planning an escape before even starting</li> <li>⚠ Looking at someone else’s grass, thinking it’s greener</li> <li>⚠ Failure to own your pattern</li> <li>⚠ Feelings of restlessness</li> <li>⚠ Escapism vs. working through challenges</li> </ul>
<p><i>Hidden Strengths</i></p>	<ul style="list-style-type: none"> <li>✓ Highly adaptable and flexible</li> <li>✓ Open to new experiences</li> <li>✓ Not afraid of change</li> <li>✓ Rich breadth of experience</li> <li>✓ Able to start fresh without baggage</li> <li>✓ Sees possibilities others miss</li> <li>✓ Brings fresh perspective everywhere you go</li> </ul>	
<p><i>What Depletes Your Soil</i></p>	<ul style="list-style-type: none"> <li>✗ Feeling trapped or locked in</li> <li>✗ Situations that feel like cages</li> <li>✗ Boredom and repetition</li> <li>✗ Pressure to settle down</li> <li>✗ Judgment for your non-linear path</li> <li>✗ Environments that don't allow growth</li> </ul>	
<p><i>What Fertilizes Your Soil</i></p>	<ul style="list-style-type: none"> <li>✓ Identifying what aligns with who you truly are</li> <li>✓ Freedom to choose (not forced commitment)</li> <li>✓ Growth opportunities within commitment</li> <li>✓ Understanding that depth requires staying (longer)</li> <li>✓ Creating an internal sense of "home"</li> <li>✓ Variety within stability</li> <li>✓ Permission to have roots AND wings</li> </ul>	
<p><b>Your Mantra:</b> <i>“I deserve to feel a sense of belonging. There are people and places that I can call ‘home.’”</i></p> <p><b>Your Takeaway:</b> Choosing to stay or commit is not a trap – it’s a beginning. You can always make changes. Just allow time to determine whether a change is <i>really</i> warranted.</p>		

