

23.9.24

Keith.

4 1/4s for role in Hunter + medical, + site inspection  
Expect an offer  
Applied for 2 other roles - 2 at Newcastle. 1 has put in  
an offer.  
another role locally - 2nd 1/4 today.

Some not ok days.

away for w/e.

Got so worked up, was shaking, anorexia, back, stomach  
aches

Not paid out for last job. angry as abuse of power + process.  
(paying me after financial reporting period; parked that now.  
F: let down.

Struggling w/ accepting change; overwhelmed → thoughts around  
how I ended up here.  
In next 2 weeks I'll have to make a decision - left me  
weighing everything up.

Sydney role - could have 6-10 yrs

Considering Son's options

Chloe - wants to be up there in 2 yrs.

Madie " " " " "

Everything pointing to there

Seems the right choice is right in front of me.

But hesitant.

Everything new.

Sydney role - recently had big redundancies; disruptions +  
not great reputation.

Hunter - all interactions been positive. Good environment.  
Spoke to wife; could sell Syd. + live in daughter's house.  
\$250K plus region as bonus.

Wife wouldn't have to work

rational: North makes sense.

Farms - another 2 hrs away. Family want the property.

Keep getting anxious around Δ.

Wasn't expecting such a quick re-employment.

Jump on it now + ride final wave.

Not having own time to feel grounded.

anxiety in stomach + shaking

- so much in short space of time

Feel overwhelmed.

A lot of uncertainty of making wrong decision & the consequences.

I've never been away from the family

I'd have to go up there on my own. Short term pain.

Sydney - doesn't deliver

Dec. to leave now resonates. Might as well take the leap.  
Setting self up for next stage.

Answers around the reality

? uncertainty

? change.

My nature - out of comfort zone; uncertainty.

I don't know what I'm afraid of.

Family discussions → same outcome. All want to do it.

My Wife said - Maitland point is I spoke in no concern.

She said - Pick the one where you feel happy.

She's excited about moving

Hunter - good skills fit. I felt a good fit.

Know I could step into the role.

Torn b/c what I want & doing right thing for family

Sydney - in comfort zone

Hunter - do role well but out of comfort zone & family will be happy.

Pulling me to move - I feel OK, but anxious & fear

A lot of  $\Delta$  all at once.

Timing of role has come up for a reason.

Helped to restore my confidence.

- challenge & something to look forward to.

Colleague went through same thing

Learned from the exp. & will be better from that.

I've been able to separate past position & look forward.

Bored at home.

## ? Fear

- ? not delirious on the dream that it will disappear.
- ? me being too conservative + too much Δ.

Recognition I've achieved the outcome I wanted to in life

The move → will be better off.

Done a lot of thinking + writing about it.

Verbal or written after by Wed.

Excitement; I feel confident

+ my motivation + self-esteem

Helped me in capabilities

Felt better after sale 1/4. I felt 'Able'

⊕ work in good culture; ease; feels right.

99% likely.

Routine + foundation been set.

## Freshest thinking

It's the right thing to do. I have the want but uncertainty - fear.

fear of selling the farm. Too many memories.  
Emo. connection