The Slow Path to Wellness™

MOVING ABROAD READINESS GUIDE

Assess Where You Are + Your First Action Steps



Find out if you're ready to move abroad— and discover your next step.

Includes:

- Your Readiness Score
- A Clear Path Forward

Traveling Savvy Seniors

Helping Adults 50+ Travel & Live Abroad.

www.travelingsavvyseniors.com

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Moving Abroad Readiness Guide

Assess Where You Are + Your First Action Steps

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Inspired by the book [The Slow Path to Wellness: How Slow Travel Heals at Every Age]

Before You Pack Your Bags

Many people feel the pull to slow down, step away from the noise of daily life, and explore the world at a more meaningful pace. But knowing where to begin - and whether you're truly ready - can feel overwhelming.

This guide has two parts:

PART 1: THE SELF-ASSESSMENT

Understand where you are right now - what's in place, what needs attention, and which stage of readiness you're in.

PART 2: THE PRE-DEPARTURE ACTION CHECKLIST

Short, practical steps that help you move forward - focused on decision-making, home preparation, and creating a smoother soft landing before the deeper logistics begin.

☐ Check the items that feel true for you

○ Circle the ones that need more planning

There are no right or wrong answers. This is simply your starting point.

PART 1

The Self-Assessment

Three areas to reflect on. Be honest - this is for your eyes only.

1 • Lifestyle & Emotional Readiness

How comfortable do you feel with extended change?

☐ I feel comfortable spending extended time outside my home country.

- ☐ I am open to living at a slower, more intentional pace.
- ☐ I feel emotionally ready for time away from familiar routines.
- ☐ I have considered how I will stay connected with family and friends.

2 • Financial & Practical Preparation

Can you support this lifestyle sustainably?

- ☐ I have a clear picture of my monthly income and fixed expenses.
- ☐ I have researched the cost of living in at least one potential destination.
- ☐ I have explored health insurance options for international travel.
- ☐ I understand how banking and currency exchange will work while abroad.

3 • Health & Logistics Awareness

Are you prepared to travel comfortably and safely?

- ☐ I have discussed extended travel with my doctor, if applicable.
- ☐ I know how I will manage medications while abroad.
- ☐ I have considered my physical comfort level and travel limits.
- ☐ I have looked into medical care options in potential destinations.

YOUR READINESS LEVEL

What Your Answers Mean

Take a moment to look at your answers, then find the level that best reflects your overall picture.

✔ Mostly Checked

You're Closer Than You Think

You already have many of the important pieces in place. With a bit of focused planning and the right guidance, you could realistically begin preparing for extended travel or living abroad.

→ **You don't need to start over - you just need a clear next step. Jump to Part 2.**

◐ A Mix of Checked and Circled

You're On the Right Path

You're clearly interested in this lifestyle, and you've already done some thinking. A few areas may need more clarity before you move forward confidently.

→ **This is where many people are - and it's exactly where a clear plan makes all the difference. Part 2 is your next move.**

○ Mostly Circled

You're in the Exploration Stage

You're just beginning to imagine what this lifestyle could look like for you - and that's perfectly fine. Every experienced traveler, expat, and slow traveler started with questions before they had answers.

→ No matter which stage you're in, the next step is the same: clarity before action. Start with Part 2, Section A.

Soft Landing Reminder

A soft landing is not about having every detail perfect before you go. It is about creating enough structure so you can arrive feeling steady, safe, and supported rather than overwhelmed.

Before you choose a destination, book a flight, or commit to a longer stay, think about what would help you feel calm during your first few weeks abroad.

☐ I have thought about what I need during my first week abroad to feel settled.

☐ I know whether I prefer to arrive with everything planned or leave room for flexibility.

☐ I have identified the type of help I may need most: housing, healthcare, transportation, community, confidence, or local guidance.

PART 2

The Pre-Departure Action Checklist

These are the foundational decisions and life-prep steps that come before the deeper logistics layer - before you finalize flights, commit to housing, or start packing bags.

Think of them as the planning work that makes everything else easier.

Note: This checklist focuses on decision-making, home preparation, and your early soft landing foundation.

For visa research, health logistics, travel documents, accessibility planning, and your first 48 hours abroad, download the free Senior Travel Toolkit at travelingsavvyseniors.com.

A • Choosing Your Path

Getting clear on where you're going and how you want to do it.

☐ Narrowed my destination list to 1-2 realistic options that fit my lifestyle and budget.

☐ Compared the cost of living in each destination against my actual monthly income.

☐ Confirmed that my income sources, such as Social Security, pension, investments, or business income, are accessible from abroad.

☐ Decided whether I want to test-drive the lifestyle first or commit to a longer initial stay.

B • Getting Your Life in Order at Home

The behind-the-scenes work that makes leaving sustainable and peaceful.

☐ Identified someone I trust to handle my mail, bills, home, or urgent matters while I'm away.

☐ Reviewed or updated my will, power of attorney, and emergency contacts.

☐ Shared my travel plans, document access, and emergency instructions with one trusted person.

☐ Had an honest conversation with close family about my plans and realistic timeline.

☐ Made a clear decision about my home - rent it out, sell, hold, sublease, or arrange long-term care for it.

C • Building Your Foundation Before You Go

The connections and clarity that make landing easier.

☐ Joined at least one online expat or local community for my target destination.

☐ Connected with at least one person who is already living there or has recently spent extended time there.

☐ Confirmed I can access important accounts from abroad, including banking, email, phone verification, and password recovery.

☐ Set a realistic departure window and worked backward to create a simple prep timeline.

☐ Identified what I need during my first week abroad to feel settled, safe, and connected.

☐ Downloaded the Senior Travel Toolkit to handle the documents, health, accessibility, and logistics layer.

Your Next Step

Based on Where You Landed

Here's how we can work together, depending on where you are in the process:

🌍 Still Researching Destinations

You need clear, current, personalized insight before you can decide with confidence.

→ **The Know Before You Go Report**

A personalized destination research brief covering cost of living, healthcare access, visa considerations, safety, lifestyle fit, and expat community presence for the place you're considering.

🗺️ Ready to Build a Real Plan

You know where you may be headed - now you need a realistic, step-by-step roadmap.

→ **Slow Start Strategy Session** or **Personalized Travel Planning**

A guided planning session or package to help you organize your next steps, timeline, budget, destination priorities, and soft landing needs.

🏡 Moving Soon & Want Hands-On Support

You want help confirming neighborhoods, housing options, local details, or practical concerns before you commit from thousands of miles away.

→ **Ask about Boots on the Ground Support**

Personalized local scouting support for travelers and future expats who want more confidence before making a bigger move.

Continue Your Journey

Free resources to keep you moving:

✔ The Soft Landing Checklist for Living Abroad After 50

A practical blog guide to help you think through your first 30 days abroad - from connectivity to community to building routines. Free on the blog at travelingsavvyseniors.com.

✔ The Senior Travel Toolkit

A 15-page planning foundation covering documents, health, accessibility, budget, and your first 48 hours abroad.

✔ Travel Companion Agreement

Get aligned on expectations, logistics, responsibilities, and communication before you travel with a partner, friend, or family member.

✔ The Slow Path to Wellness - The Book

The philosophy and lived experience behind this lifestyle. Available on Amazon in paperback and Kindle.

Safe Travels!

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