



R³ Destination Readiness Assessment™

Are You Ready for Your Next Chapter Abroad?

A practical self-assessment to help you evaluate your preparedness for international relocation—before committing to a destination.

Relocate. Rebrand. Reinvent.™
Powered by the R³ Framework™

Before You Begin

Relocating internationally involves more than choosing a country. It requires understanding your priorities, resources, practical circumstances, and willingness to adapt.

This assessment will help you identify where you're prepared and where additional planning may be needed.

How to Complete This Assessment

For each statement, select a number from 1 to 4 based on your current circumstances, not where you hope to be.

- 1 = Not Yet True
- 2 = Partly True
- 3 = Mostly True
- 4 = Fully True

There are no right or wrong answers. The value comes from being candid with yourself.

01 | PERSONAL CLARITY

Before choosing where to live, understand what you want your life to look like.

1. I can clearly describe the kind of life I want to build abroad.

☐ 1 ☐ 2 ☐ 3 ☐ 4

2. I understand why I want to relocate beyond the appeal of a particular destination.

☐ 1 ☐ 2 ☐ 3 ☐ 4

3. I have identified which aspects of my current lifestyle I want to preserve, change, or leave behind.

☐ 1 ☐ 2 ☐ 3 ☐ 4

Personal Clarity Subtotal: _____ / 12

02 | FINANCIAL PREPAREDNESS

Financial readiness is about sustainability, not simply having enough money to make the move.

4. I have developed a realistic budget that includes relocation expenses and ongoing living costs.

☐ 1 ☐ 2 ☐ 3 ☐ 4

5. I have considered healthcare, insurance, taxes, currency fluctuations, and unexpected expenses.

☐ 1 ☐ 2 ☐ 3 ☐ 4

6. I have evaluated whether my income, savings, or other financial resources can support my intended lifestyle abroad.

☐ 1 ☐ 2 ☐ 3 ☐ 4

Financial Preparedness Subtotal: _____ / 12

03 | RESIDENCY FEASIBILITY

An appealing destination is only a realistic option when you understand the requirements for living there.

7. I have researched the visa or residence permit options available to me in my preferred destination.

☐ 1 ☐ 2 ☐ 3 ☐ 4

8. I understand that permission to reside in a country does not necessarily include permission to work, operate a business, or earn local income.

☐ 1 ☐ 2 ☐ 3 ☐ 4

9. I have identified the financial, documentation, healthcare, and other eligibility requirements I need to verify before pursuing residency.

☐ 1 ☐ 2 ☐ 3 ☐ 4

Residency Feasibility Subtotal: _____ / 12

04 | LIFESTYLE COMPATIBILITY

A destination should support the life you want to live, not simply offer an appealing change of scenery.

10. I have considered what ordinary daily life would look like in my preferred destination, beyond the experience of visiting as a tourist.

☐ 1 ☐ 2 ☐ 3 ☐ 4

11. I have researched important aspects of daily living, including healthcare, housing, transportation, infrastructure, and access to essential services.

☐ 1 ☐ 2 ☐ 3 ☐ 4

12. I have considered how cultural differences, language, social connections, and community may affect my sense of belonging.

☐ 1 ☐ 2 ☐ 3 ☐ 4

Lifestyle Compatibility Subtotal: _____ / 12

05 | PRACTICAL LOGISTICS

A successful transition requires more than a departure date. It requires thoughtful preparation for the details of everyday life.

13. I have identified the important documents, administrative requirements, and deadlines involved in relocating internationally.

☐ 1 ☐ 2 ☐ 3 ☐ 4

14. I have considered how I will manage banking, communications, transportation, housing arrangements, and other essential services after arriving.

☐ 1 ☐ 2 ☐ 3 ☐ 4

15. I have developed a preliminary plan for managing my current home, belongings, personal commitments, and responsibilities before relocating.

☐ 1 ☐ 2 ☐ 3 ☐ 4

Practical Logistics Subtotal: _____ / 12

06 | EMOTIONAL READINESS

Relocating abroad is not simply a change of address. It is a personal transition that requires adaptability, resilience, and openness to new experiences.

16. I have realistic expectations about the emotional adjustments and uncertainties that may accompany living in another country.

☐ 1 ☐ 2 ☐ 3 ☐ 4

17. I have considered how distance from family, friends, familiar routines, and established support systems may affect my well-being.

☐ 1 ☐ 2 ☐ 3 ☐ 4

18. I am prepared to build new relationships, adapt to unfamiliar circumstances, and adjust my expectations when things do not go as planned.

☐ 1 ☐ 2 ☐ 3 ☐ 4

Emotional Readiness Subtotal: _____ / 12

A MOMENT OF REFLECTION

Which aspect of relocating abroad feels most exciting to you? Which aspect gives you the greatest hesitation?

YOUR READINESS SNAPSHOT

Understanding where you stand is the first step toward deciding what comes next.

Add the scores from each of the six assessment sections below.

Assessment Category	Your Score
01 — Personal Clarity	___ / 12
02 — Financial Preparedness	___ / 12
03 — Residency Feasibility	___ / 12
04 — Lifestyle Compatibility	___ / 12
05 — Practical Logistics	___ / 12
06 — Emotional Readiness	___ / 12

WHAT YOUR RESPONSES REVEAL

Your responses offer a starting point for understanding your readiness to relocate internationally.

Rather than focusing on a single score, look for patterns across the six areas of this assessment.

Where do you feel most prepared? Where are you still uncertain? Which areas require additional research, planning, or professional guidance?

Your answers are not a final determination of your readiness to relocate. They are an opportunity to identify what deserves your attention before making important decisions.

Use these insights to guide your next steps.

YOUR PERSONAL READINESS ACTION PLAN

Clarity is valuable. Turning that clarity into action is where meaningful progress begins.

Your assessment has highlighted areas where you feel prepared and others that may require additional attention. Use this page to identify your priorities and take the next steps with intention.

01 | IDENTIFY YOUR PRIORITIES

Review your six category scores. Which three areas need the most attention?

Priority 1: _____

Priority 2: _____

Priority 3: _____



02 | TURN INSIGHT INTO ACTION

For each priority, identify one practical action you can take.

Priority Area	My Next Action	Target Date
1.		
2.		
3.		

03 | YOUR NEXT 30 DAYS

What is one meaningful step you can complete within the next 30 days to move closer to your relocation goals?

My target completion date: _____

04 | A QUESTION WORTH CONSIDERING

What information, guidance, or support would help you feel more confident about your next decision?

“You do not need to have every answer before beginning. You do need to know which questions deserve your attention.”

SWOAN P. WRIGHT CONSULTING, LLC.

YOUR NEXT CHAPTER STARTS HERE

The right destination begins with the right questions.

Completing this assessment is an important step toward understanding what an international move could mean for you.

You may have discovered that you're further along than you realized. Or perhaps you've identified questions that deserve more attention before making a decision.

Both are valuable outcomes.

Relocating abroad is not simply about choosing a new place to live. It's about creating a life that reflects your priorities, circumstances, and aspirations.

WHERE DO YOU GO FROM HERE?

Your next step doesn't have to be a major commitment. It might mean researching a residency pathway, revisiting your financial plan, or taking a closer look at what everyday life would actually involve in a particular country.

The important thing is to move forward with greater clarity.

LET'S TALK ABOUT YOUR NEXT STEP

If you'd like to discuss what you're considering, I invite you to schedule a complimentary 20-minute **Talk to Swoan – Next-Step Conversation**.

It's an opportunity to share where you are in your thinking, explore your questions, and consider what might make sense for you next.

Schedule Your Conversation

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