

# VALUES + VISION

## For My Move Abroad

Moving abroad isn't just about changing locations—it's an opportunity to design a life aligned with your values. These questions will help you gain clarity about the new life you're running toward.

When I look back on my life, where and how will I wish I had spent the most time?

### *The Big Picture*

What do you want your legacy or life story to reflect?

I want my legacy to reflect:

- ☐ Someone who loved and was loved deeply
- ☐ An adventuresome explorer
- ☐ A life lived with beauty, joy, and intention
- ☐ Someone who left the world a better place
- ☐ A person who lived their values

---

---

---

---

---

---

When I picture myself five years from now, what does a perfect day look like?

### *The Perfect Day*

Imagine a perfect day five years in the future.  
Tune in to all of your senses.  
What are you feeling?  
What does it smell like?  
What can you hear?

My perfect day looks like:

- ☐ Walking to a café after dropping the kids at school
- ☐ Working from a home office with a pet nearby
- ☐ Sitting under an umbrella on the beach
- ☐ Managing a bustling office in a high rise
- ☐ Exploring a new city

---

---

---

---

---



What values guide my decisions about moving abroad?

## My Compass

Your values are your north star.

My guiding values

- ☐ Adventure
- ☐ Sustainability
- ☐ Community
- ☐ Affordability
- ☐ Opportunity
- ☐ Connection to nature
- ☐ Stability

.....

.....

.....

.....

.....

.....

What is most important to me at this stage of life?

## My Heart

What is most important in this season of life?

At this stage of life, the most important things are:

- ☐ Time with family
- ☐ Financial independence or opportunities
- ☐ A slower pace
- ☐ Career growth
- ☐ Daily routine and comfort
- ☐ Living with intention

.....

.....

.....

.....

.....

.....



How do I define “success” in this move?

## My Success

Success doesn't have to look the same for everyone.  
What would make this move “worth it” to you?

Success looks like:

- ☐ Feeling more at peace
- ☐ Better opportunities for my kids
- ☐ Building a new business
- ☐ Making meaningful connections abroad
- ☐ Better work/life balance
- ☐ Learning a new culture and/or language

.....

.....

.....

.....

.....

What do I want my kids to learn from their culture and community?

## My Kids

If you're parenting abroad, your kids will grow up in a new cultural context.  
What do you hope they gain from it?

I hope my kids grow up with:

- ☐ Multilingual fluency
- ☐ Respect for diversity
- ☐ A strong sense of independence
- ☐ Global citizenship
- ☐ Appreciation for simplicity

.....

.....

.....

.....

.....

*Tip: Have each family member complete the worksheet independently, then gather for a family meeting to discuss your results. Starting off on the same page will help your family navigate the challenges ahead with shared purpose.*



What am I running toward?

## *My Destination*

Taking into account  
everything I've thought  
about so far, what am I  
running toward in my  
new home?  
What am I looking  
forward to?

---

---

---

---

---

---

---

---

*What if it all works out?*