

A REVOLUTIONARY
RELOCATION
STARTER KIT

A WORKBOOK FOR YOUR JOURNEY

WWW.SAGESOCIETY.CLUB

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WELCOME TO YOUR NEW BEGINNING



THIS GUIDE WAS CREATED FOR THE INDIVIDUAL WHO IS READY TO SHIFT. READY TO LEAP INTO THE UNKNOWN AND COME OUT REBORN THROUGH TRUTH AND AUTHENTIC LIVING!

NOTHING HAPPENS BY ACCIDENT. WHETHER YOU FOUND THIS GUIDE THROUGH SHEER CURIOSITY OR DIVINE ALIGNMENT, YOU MADE IT HERE BECAUSE YOUR SPIRIT HAS BEEN WHISPERING, "THERE HAS TO BE MORE THAN THIS," AND YOU WERE BRAVE ENOUGH TO LISTEN. CONSIDER THIS YOUR PERSONAL INVITATION TO A GROWING GLOBAL MOVEMENT OF SOVEREIGN BEINGS WHO ARE RECLAIMING THEIR RIGHT TO REST, ROAM, RISE, AND ROOT WHERE THEY PLEASE. THIS IS MORE THAN JUST A RELOCATION GUIDE—IT'S A MAP BACK TO YOURSELF, WRAPPED IN THE WISDOM OF THOSE WHO'VE WALKED THIS PATH BEFORE YOU. YOU ARE NOT DOING THIS ALONE. YOU'RE STEPPING INTO A COMMUNITY THAT WILL CELEBRATE, HOLD, AND WITNESS YOU EVERY STEP OF THE WAY.

THIS GUIDE WAS CREATED FOR THOSE WHO ARE READY TO TAKE THE LEAP, BUT NEED THE PRACTICAL STEPS, CLARITY, AND CONFIDENCE TO EXECUTE IT. IT'S FOR THE FREEDOM-SEEKER WHO DOESN'T JUST WANT A NEW ADDRESS, BUT A NEW REALITY. YOU'RE NOT RUNNING AWAY...YOU'RE RETURNING TO A VERSION OF YOURSELF THAT WAS NEVER MEANT TO SHRINK. INSIDE, YOU'LL FIND TOOLS AND STRATEGIES THAT WILL HELP YOU EXPAND INTO THIS NEW VERSION OF YOU. MY PRAYER IS THAT YOU USE THIS AS A LAUNCHPAD TO NOT ONLY SHIFT LOCATIONS, BUT SHIFT LEGACIES. YOU DESERVE FREEDOM. YOU DESERVE PEACE. AND YOU DESERVE TO CHOOSE A LIFE THAT HONORS YOUR FULLNESS. LET'S BEGIN.



LET'S DEBUNK YOUR FEARS

**YOU ARE MORE POWERFUL THAN THE LIMITATIONS THAT TRY TO
KEEP YOU SMALL & STAGNANT. THIS IS YOUR CHANCE TO REWRITE
THE POWER - OR LACK THERE OF - THAT THESE LIMITING BELIEFS
HAVE OVER YOU.**

WHAT FEARS COME UP AS I CONSIDER MOVING ABROAD?

WHAT LIMITING BELIEFS ARE HIDING BENEATH THOSE FEARS?

WHAT RESOURCES DO I NEED TO MOVE FORWARD?

WHICH ONE OF THESE FEARS IS ACTUALLY IMPOSSIBLE TO
OVERCOME?

EXACTLY. YOU'RE ALREADY IN MOTION. KEEP GOING!



CHOOSING A LOCATION

WHERE TO NEXT?

THINGS TO CONSIDER WHEN DECIDING WHERE TO RELOCATE:

- LIFESTYLE ALIGNMENT
- COST OF LIVING
- INCOME & WORK OPPORTUNITY
- SAFETY
- HOUSING AVAILABILITY
- HEALTHCARE QUALITY & ACCESS
- DIGITAL INFRASTRUCTURE
- LANGUAGE & COMMUNICATION
- COMMUNITY & BELONGING
- FAMILY & CHILDREN (IF APPLICABLE)
- EDUCATIONAL OPPORTUNITIES
- VISA & RESIDENCY REQUIREMENTS
- POLITICAL CLIMATE & SOVEREIGNTY
- ACCESS TO NATURAL RESOURCES
- CRISIS RESILIENCE & INFRASTRUCTURE

LIST YOUR TOP 5 LOCATIONS

1. _____
2. _____
3. _____
4. _____
5. _____



VISAS & RESIDENCY

HERE ARE THE MOST POPULAR VISA AND RESIDENCY OPTIONS AVAILABLE IN MOST COUNTRIES. **REMEMBER TO CHECK THE VISA AND RESIDENCY OPTIONS AVAILABLE IN THE SPECIFIC COUNTRY YOU'LL BE RESIDING IN.**

1. DIGITAL NOMAD VISA

FOR REMOTE WORKERS OR ONLINE BUSINESS OWNERS EARNING A STEADY INCOME (USUALLY \$2,000–\$3,000+/MONTH). OFFERED IN COUNTRIES SUCH AS COSTA RICA, PORTUGAL, SPAIN, MEXICO, AND CROATIA.

2. RETIREMENT VISA

FOR RETIREES RECEIVING A STABLE PENSION OR RETIREMENT INCOME (USUALLY \$1,000–\$2,500/MONTH). AVAILABLE IN COSTA RICA, PANAMA, MEXICO, AND MORE.

3. FIXED INCOME VISA (“RENTISTA” OR SIMILAR)

FOR THOSE WHO CAN PROVE A CONSISTENT INCOME STREAM WITHOUT WORKING LOCALLY. COMMON IN LATIN AMERICAN COUNTRIES LIKE COSTA RICA AND URUGUAY.

4. INVESTOR VISA

DESIGNED FOR PEOPLE INVESTING IN LOCAL BUSINESSES OR REAL ESTATE (USUALLY MINIMUM \$100,000–\$150,000). OFFERED IN COSTA RICA, MEXICO, PORTUGAL, AND MORE.)

5. SELF-EMPLOYMENT VISA / FREELANCER VISA

FOR PEOPLE WHO ARE SELF-EMPLOYED OR RUN THEIR OWN BUSINESS. AVAILABLE IN GERMANY, PORTUGAL, CZECH REPUBLIC, AND COSTA RICA (WITH DOCUMENTATION).

6. FAMILY REUNIFICATION OR PARENT VISA

OFFERED TO PARENTS OF CHILDREN BORN IN-COUNTRY OR FOREIGN NATIONALS WITH FAMILY TIES. COMMON ACROSS LATIN AMERICA AND PARTS OF EUROPE.

7. RESIDENCY THROUGH MARRIAGE

AVAILABLE FOR NON-CITIZENS MARRIED TO A CITIZEN OF THE COUNTRY (OFTEN WITH A 1–2 YEAR COHABITATION REQUIREMENT). THIS VISA IS GENERALLY AVAILABLE IN MOST COUNTRIES.

8. STUDENT VISA

A GOOD OPTION FOR STUDYING ABROAD, LANGUAGE PROGRAMS, OR CULTURAL EXCHANGE. CAN BE USED AS A RELOCATION STRATEGY AND STEPPING STONE TO LONGER-TERM RESIDENCY.

9. RESIDENCY FOR FOREIGN WORKERS

FOR THOSE HIRED BY A COMPANY LOCATED IN THEIR CHOSEN DESTINATION. WORK CONTRACT AND PROOF OF SPONSORSHIP REQUIRED. COMMON IN COSTA RICA, CANADA, UAE, AND EU COUNTRIES.

10. CITIZENSHIP BY ANCESTRY (HONORARY MENTION)

FOR THOSE WITH LINEAGE TIES TO CERTAIN COUNTRIES (E.G., IRELAND, ITALY, GHANA). NOT FOR EVERYONE—BUT WORTH CHECKING YOUR ROOTS.



CULTURAL INTEGRATION

EVERY CULTURE HOLDS ITS OWN RHYTHM, WISDOM, AND WAY OF BEING. CULTURAL INTEGRATION IS ABOUT STAYING OPEN, CURIOUS, AND COMMITTED TO LEARNING WITH AN OPEN HEART. USE THIS PAGE AS A GENTLE SPACE TO EXPLORE HOW YOU PLAN TO SHOW UP RESPECTFULLY, INTENTIONALLY, AND WITH LOVE.

COMMUNITY: WHAT KIND OF PEOPLE, ENERGY, AND ENVIRONMENTS ARE YOU CALLING IN?

C

RESPECT: READ THIS AS A REMINDER FOR HOW TO NAVIGATE NEW SPACES WITH HONOR, HUMILITY, AND AWARENESS.

I'M NOT JUST RELOCATING, I AM ENTERING SOMEONE ELSE'S HOME AND PREVIOUSLY-BUILT LEGACY. CULTURE COMPETENCY AND SENSITIVITY ARE KEY BECAUSE EVERY CULTURE CARRIES ITS OWN MEANINGS, MEMORIES, AND SACREDNESS. WHEN I MOVE WITH CARE, I BUILD BRIDGES INSTEAD OF WALLS. IT'S NOT ABOUT BLENDING IN PERFECTLY... IT'S ABOUT SHOWING UP WITH HUMILITY AND HONORING THE PEOPLE AND PLACE THAT EXISTED LONG BEFORE I ARRIVED.

EXCHANGE: A REMINDER THAT MOVING ABROAD ISN'T JUST ABOUT WHAT YOU GAIN—IT'S ABOUT WHAT YOU'RE WILLING TO GIVE, TOO.

CULTURAL EXCHANGE IS NOT ABOUT TAKING—IT'S INVOLVES RECIPROCITY AND SHARING. ASK YOURSELF: WHAT AM I OPEN TO LEARNING FROM THIS CULTURE, AND WHAT AM I WILLING TO SHARE THAT ADDS VALUE? THIS IS HOW WE BUILD COMFORT AND MUTUAL CONNECTION. LET IT BE MORE THAN JUST TRANSACTION— SHARE DIALOGUE, MAKE AN OFFER, AND EXCHANGE OPENHEARTEDLY.

WILLINGNESS: WHERE ARE YOU BEING CALLED TO SOFTEN, STRETCH, OR SURRENDER? WHAT ARE YOU WILLING TO UNLEARN TO MOVE THROUGH THIS NEXT CHAPTER WITH MORE GRACE AND EASE AND LESS RESISTANCE?

W



FINANCIAL GOALS & SAVING

CURRENT \$ BALANCE:	MONTHLY EXPENSES	MOVE

I WILL SAVE _____ A (WEEK/MONTH) _____
FOR (#) _____ DAYS /MONTHS.

EXPENSE

AMOUNT

FLIGHT & BAGS	
FIRST MONTHS RENT AND DEPOSIT	
EMERGENCY FUND 2X THE RENT	
TRAVEL INSURANCE	
PHONE DATA PLAN/ SIM CARD	
TRANSPORTATION (TAXI, RIDESHARE, RENTALS)	
FOOD BUDGET 2X MONTHS AHEAD	
PET TRANSPORT FEES	
MEDICATIONS (TRAVEL WITH A SUPPLY)	
STORAGE FEES	
TOTAL	

RELOCATION SAVINGS TIPS

1. KNOW THE COST OF LIVING FOR YOUR NEW REGION.
2. RESEARCH THE AVERAGE RENT COST, FOOD, TRANSPORTATION, AND EMERGENCY COSTS BEFORE YOU SET YOUR SAVINGS GOAL. A GOOD RULE OF THUMB IS TO HAVE AT LEAST 3X YOUR FIRST MONTH'S RENT SAVED (FOR RENT, DEPOSIT, AND WIGGLE ROOM).
3. CREATE A SOFT LANDING FUND.
4. THE FIRST STEP IS GETTING THERE, BUT CREATING A PLAN TO HELP SUSTAIN YOUR DESIRED LIFE IS GOING TO HELP YOU STAY THERE. BUDGET AND ACCOUNT FOR THE SLOW SEASON, UNEXPECTED DELAYS, AND WHEN YOU NEED A BREAK. RATHER THAN PANIC, ENJOY THE FRUITS OF FINANCIAL PLANNING AND THE PEACE OF KNOWING YOUR MONEY FLOW.
5. TRACK WHAT YOU ALREADY HAVE—AND MAKE YOUR MONEY VISIBLE.
6. WHEN YOU ACTUALLY SEE YOUR BALANCE, INCOME, AND GAP ON PAPER, IT'S EASIER TO STAY FOCUSED. WHILE WHAT GETS NEGLECTED WILTS, WHAT GETS NURTURED, GROWS.

HOUSING ABROAD

CONSIDER: WHAT ARE MY TOP 3 NON-NEGOTIABLES IN A LIVING SPACE?

NUMBER 1	NUMBER 2	NUMBER 3

HOUSING RED FLAGS & SAFETY TIPS:

- AVOID LEASING TERMS THAT ARE UNCLEAR, NOT PROVIDED IN A LANGUAGE YOU UNDERSTAND, OR NOT EASILY INTERPRETABLE
- AVOID INFORMAL RENTAL AGREEMENT AND DEPOSIT SCAM SETUPS
- AVOID LANDLORDS WHO DON'T ALLOW YOU TO VIEW THE PROPERTY IN PERSON OR VIRTUALLY
- AVOID AREAS KNOWN FOR HIGHER CRIME RATES OR INADEQUATE EMERGENCY SERVICES NEARBY



WHERE CAN I FIND HOUSING ABROAD?

FACEBOOK GROUPS: SEARCH "RENTALS IN [CITY NAME]" OR "BLACK EXPATS IN [COUNTRY]" GREAT FOR OFF-MARKET FINDS AND COMMUNITY VIBES.

LOCAL APPS / SITES: E.G., ENCuentra24 (COSTA RICA + CENTRAL AMERICA).

WHATSAPP GROUPS: ASK PEOPLE IN EXPAT GROUPS IF THERE ARE HOUSING CHATS—THEY ALWAYS EXIST.

AIRBNB / BOOKING LONG-TERM: GOOD FOR YOUR FIRST MONTH. SOMETIMES YOU CAN NEGOTIATE CHEAPER RATES DIRECTLY WITH THE HOST FOR LONGER STAYS.

WORD OF MOUTH: ONE OF THE BEST WAYS TO FIND TRUSTWORTHY HOUSING. ASK YOUR NETWORK.

QUESTIONS TO CONSIDER WHILE DECIDING ON A PLACE:

REALISTICALLY, WHAT IS MY MONTHLY HOUSING BUDGET? _____

AM I RENTING SHORT-TERM OR COMMITTING TO SOMETHING MORE LONG-TERM? _____

WHAT NEIGHBORHOODS/REGIONS AM I OPEN TO?

WHAT TYPE OF HOUSING BEST SUPPORTS MY NEEDS? _____
(APARTMENT, HOUSE, ECO-COMMUNITY, SHARED SPACE, ETC.)

SIM CARDS & PHONE PLANS

MOST POPULAR GLOBAL PHONE PLANS

1. *GOOGLE FI*
2. *T-MOBILE MAGENTA MAX*
3. *AIRALO*
4. *HOLAFLY*
5. *NOMAD ESIM*
6. *MINT MOBILE*
7. *VISIBLE BY VERIZON*
8. *LYCAMOBILE*
9. *ORANGE FLEX*
10. *VODAFONE FLEX*
11. *RED POCKET MOBILE (USA-BASED, INTERNATIONAL-FRIENDLY)*



MOST POPULAR GLOBAL SIM CARDS

- NORTH AMERICA – TELCEL (MEXICO)
- SOUTH AMERICA – CLARO (AVAILABLE ACROSS MULTIPLE COUNTRIES)
- EUROPE – VODAFONE (STRONG COVERAGE ACROSS THE EU)
- AFRICA – MTN (WIDELY USED IN WEST, EAST, AND SOUTHERN AFRICA)
- ASIA – AIS (THAILAND)
- OCEANIA – OPTUS (AUSTRALIA)
- CENTRAL AMERICA / CARIBBEAN – KOLBI (COSTA RICA)
- MIDDLE EAST – ETISALAT (UAE)



EXPLORING TRANSPORTATION

NAVIGATING A NEW PLACE OFTEN STARTS WITH MOBILITY. **HOW DO YOU ENVISION YOURSELF NAVIGATING YOUR NEW COUNTRY?** USE THIS SECTION TO MAP OUT YOUR TRANSPORTATION OPTIONS, LEGAL REQUIREMENTS, AND COMFORT LEVEL:

1. WHAT TRANSPORTATION MODES ARE COMMON IN YOUR NEW LOCATION? (CAR, MOTO, BIKE, SCOOTER, METRO, WALKING, RIDESHARE): _____
2. WHAT APPS OR SERVICES ARE USED LOCALLY (E.G., UBER, BOLT, GRAB, LOCAL TRANSIT APPS)? _____
3. WHAT ARE THE GENERAL COSTS OF TRANSIT (BUS FARES, FUEL, RIDESHARE RATES)? _____
4. IS THE INFRASTRUCTURE SAFE AND ACCESSIBLE (SIDEWALKS, CROSSWALKS, BIKE LANES)? _____
5. ARE TRANSPORTATION SERVICES AND VEHICLES ACCESSIBLE TO PEOPLE WITH DISABILITIES? _____
6. DO I PLAN TO WALK, RENT, BUY, OR/AND RELY ON PUBLIC TRANSIT? _____
7. ARE THERE SPECIFIC TRAFFIC LAWS OR CUSTOMS TO KNOW? _____
8. WILL I NEED A LICENSE CONVERSION OR LOCAL DRIVING TEST? _____
9. WILL I NEED TO INSURE A VEHICLE IF PURCHASING OR LEASING ONE? _____
10. DO I PLAN TO RENT, BUY, OR RELY ON PUBLIC TRANSIT? _____
11. DO I FEEL SAFE MOVING AROUND SOLO AND/OR AT NIGHT? IF NOT, WHY? _____
12. WHAT ARE THE LOCAL TRAFFIC LAWS AND SAFETY TIPS? _____
13. WHAT AIRPORT AM I FLYING INTO? WHAT IS THE COMMUTE TO MY HOUSING ACCOMMODATIONS AND HOW WILL I BE TRAVELING THERE? _____

EXTRA NOTES REGARDING TRANSPORTATION: _____



FOUNDATIONS OF FAMILY PLANNING ABROAD

HOW WILL MY CHILD(REN) BE EDUCATED? (HOMESCHOOL, PRIVATE SCHOOL, BILINGUAL PROGRAM, UNSCHOOLING, LOCAL PUBLIC SCHOOL)

WHAT KIND OF COMMUNITY DO I WANT TO RAISE MY CHILD(REN) IN? QUIET AND RURAL? URBAN AND DIVERSE? NEAR OTHER EXPAT FAMILIES? NEAR OTHER LOCAL CHILD(REN)?

WHAT LEGAL DOCUMENTS OR CUSTODY PERMISSIONS DO I NEED TO MOVE OR TRAVEL WITH MY CHILD(REN)?

WHAT'S MY BIGGEST CONCERN ABOUT MOVING ABROAD WITH MY FAMILY?

WHAT'S ONE STEP I CAN TAKE THIS WEEK TO PREPARE?

TIPS FOR CONSCIOUS FAMILY PLANNING ABROAD

1. DO A "TRIAL RUN" VISIT IF POSSIBLE. SPEND 1-3 MONTHS IN YOUR INTENDED DESTINATION BEFORE FULLY RELOCATING TO SEE HOW YOUR CHILD ADJUSTS.
2. JOIN PARENTING GROUPS EARLY. MANY COUNTRIES HAVE EXPAT PARENTING WHATSAPP CHATS OR FACEBOOK COMMUNITIES. THESE CAN HELP WITH BABYSITTING, SCHOOL TIPS, AND EMOTIONAL SUPPORT.
3. KNOW THE CULTURAL NORMS AROUND PARENTING.
4. SOME PLACES ARE VERY COMMUNITY-BASED WITH SHARED CAREGIVING, WHILE OTHERS ARE MORE PRIVATE. KNOWING THIS WILL HELP YOU SET REALISTIC EXPECTATIONS.
5. REMEMBER TO BUDGET FOR ALL MEMBERS OF YOUR HOUSEHOLD, PETS INCLUDED.



HEALTH CARE ABROAD

WHAT YOU NEED TO KNOW TO STAY COVERED & CARED FOR

TOP INSURANCE OPTIONS FOR RELOCATORS

- CIGNA GLOBAL
- ALLIANZ CARE
- GEOBLUE
- SAFETYWING
- IMG GLOBAL

THESE PROVIDERS OFFER EXPAT-FRIENDLY HEALTH PLANS, INCLUDING EMERGENCY, DENTAL, MENTAL HEALTH, AND CHRONIC CARE SUPPORT. SOME PLANS EVEN INCLUDE U.S. COVERAGE IF YOU PLAN TO VISIT.

SOME MEDICATIONS ARE NOT AS WIDELY AVAILABLE/ACCESSIBLE OR MAY REQUIRE A NEW PRESCRIPTION IN CERTAIN COUNTRIES. HERE'S WHAT TO CONSIDER BRINGING IN ADVANCE:

- TRAVEL-SIZE FIRST AID KIT
- INHALERS (ASTHMA)
- BIRTH CONTROL OR HORMONE REGULATION MEDS
- DIAGNOSIS-SPECIFIC PRESCRIPTIONS (& SIGNED PRESCRIPTION ORDERS)
- ANY MEDICAL DEVICES WITH USAGE INSTRUCTIONS
- ADHD OR MENTAL HEALTH PRESCRIPTIONS (LIKE ANTIDEPRESSANTS OR ANTI-ANXIETY MEDS)
- PRESCRIPTION GLASSES OR EXTRA CONTACT LENSES
- ANTIBIOTICS (IF APPLICABLE)
- PAIN MEDICATION (IF APPLICABLE)
- EPIPEN, ANTIHISTAMINES, AND/OR ALLERGY-SPECIFIC MEDICATIONS
- THYROID MEDICATIONS
- DERMATOLOGY PRESCRIPTIONS
- BLOOD PRESSURE OR HEART MEDICATIONS
- INSULIN OR OTHER DIABETIC CARE TOOLS



SHIPPING & MAILING ABROAD

TOP FIVE INTERNATIONAL SHIPPING COMPANIES

1. DHL EXPRESS
2. FEDEX INTERNATIONAL
3. UPS WORLDWIDE
4. MAERSK LINE (FOR CARGO/CONTAINERS)
5. DB SCHENKER (FREIGHT FORWARDING)

TOP FIVE INTERNATIONAL SHIPPING COMPANIES

1. USPS INTERNATIONAL
2. ROYAL MAIL (UK)
3. CANADA POST
4. LA POSTE (FRANCE)
5. DEUTSCHE POST (GERMANY)



WHAT AM I SHIPPING?

AMOUNT

FURNITURE & HOME DECOR	
CLOTHING ITEMS	
VEHICLE	
LAPTOPS AND ELECTRONICS	
IMPORTANT DOCUMENTS	
PET SUPPLIES	
ETHNIC HAIR CARE PRODUCTS	
SENTIMENTAL ITEMS	
TOTAL	

SHIPPING TIPS

- TRACK EVERYTHING: USE CARRIERS THAT OFFER FULL TRACKING AND DELIVERY CONFIRMATION.
- CONSOLIDATE: SHIPPING IN BULK IS CHEAPER THAN MULTIPLE SMALL SHIPMENTS.
- CUSTOMS CLARITY: LABEL YOUR ITEMS CLEARLY AND RESEARCH WHAT'S TAXABLE OR RESTRICTED IN YOUR NEW COUNTRY.
- INSURANCE MATTERS: ALWAYS INSURE VALUABLE OR ESSENTIAL ITEMS.
- MAIL FORWARDING: CONSIDER A SERVICE LIKE TRAVELING MAILBOX, POSTSCAN MAIL, OR EARTH CLASS MAIL TO RECEIVE U.S. MAIL WHILE LIVING ABROAD.



EMERGENCY PREPAREDNESS

& SAFETY

USE THIS PAGE TO GUAGE YOUR EMERGENCY PREPAREDNESS AND BEGIN CREATING A SAFETY PLAN FOR YOUR TOP LOCATION.

☐ WHERE IS THE NEAREST EMBASSY OR CONSULATE?

☐ ARE THERE APPS OR SYSTEMS FOR EMERGENCY ALERTS IN YOUR COUNTRY?

☐ DO YOU KNOW HOW TO ACCESS LOCAL LEGAL OR MEDICAL SUPPORT?

☐ HOW DO LOCALS RESPOND TO EMERGENCIES, AND HOW CAN YOU PREPARE ACCORDINGLY?

☐ ARE THERE COMMUNITY SAFETY NETWORKS, BLACK EXPAT WHATSAPP GROUPS, OR NEIGHBORHOOD ALERT SYSTEMS? IF SO, LIST THEM.

☐ DO YOU HAVE A "GO-BAG" PLAN IN CASE OF EVACUATION, DISASTER, OR SUDDEN RELOCATION?

☐ HAVE YOU MEMORIZED OR/AND WRITTEN DOWN IMPORTANT CONTACT NUMBERS AND ADDRESSES IN CASE OF TECH LOSS?

☐ WHO ARE YOUR EMERGENCY CONTACTS IN THE U.S. AND ABROAD? (LIST THEM BELOW)

LOCAL EMERGENCY NUMBERS:

POLICE: _____

AMBULANCE: _____

FIRE: _____

EMBASSY: _____

LOCAL EMERGENCY CONTACT #1

NAME: _____

PHONE NUMBER: _____

ALT. PHONE NUMBER: _____

ADDRESS: _____

EMAIL: _____

LOCAL EMERGENCY CONTACT #2

NAME: _____

PHONE NUMBER: _____

ALT. PHONE NUMBER: _____

ADDRESS: _____

EMAIL: _____

U.S. EMERGENCY CONTACT #1

NAME: _____

PHONE NUMBER: _____

ALT. PHONE NUMBER: _____

ADDRESS: _____

EMAIL: _____

U.S. EMERGENCY CONTACT #2

NAME: _____

PHONE NUMBER: _____

ALT. PHONE NUMBER: _____

ADDRESS: _____

EMAIL: _____



PACKING CHECKLIST

NOTE: LIST MAY VARY BASED ON PERSON AND CHOSEN LOCATION.

- REMEMBER TO **BRING YOUR AUDACITY, TRUTH AND SELF BELIEF!**
- **PACK LIGHT** PHYSICALLY, MENTALLY, AND SPIRITUALLY. EVERYTHING HOLDS ENERGY, ONLY TAKE WHAT'S NECESSARY INTO THIS NEXT CHAPTER)
- **TAKE PRECAUTIONS** WHEN PACKING AND TRAVELING WITH WEAPONS (SEARCH YOUR COUNTRY'S REGULATIONS)
- PACK SOMETHING THAT WILL **MAKE YOU FEEL AT HOME NO MATTER WHERE YOU ARE.**

☐ FAVORITE CLIMATE-APPROPRIATE OUTFITS (TOPS, BOTTOMS, DRESSES, ROMPERS, JUMPSUITS, MATCHING SETS)
☐ SOCKS, UNDERWEAR, AND BRAS
☐ BATHING SUITS/COVER-UPS
☐ ACTIVEWEAR
☐ SLEEPWEAR + ROBE
☐ OUTERWEAR/JACKETS
☐ SUNGLASSES
☐ JEWELRY (SECURED)
☐ SHOES
☐ HATS/HEADWEAR
☐ HAIR ACCESSORIES
☐ GLOVES, BEANIES, SCARVES
☐ BAGS/TOTES AND PURSES
☐ MODEST/CULTURAL CLOTHING FOR TEMPLES/RELIGIOUS SITES
CONSIDER EVERY DAY & SPECIAL OCCASION

☐ SKINCARE (FACE AND BODY)
☐ DEODORANT
☐ TOOTHBRUSH
☐ TOOTHPASTE
☐ FLOSS
☐ SUNSCREEN
☐ BODY OILS, BUTTERS, AND LOTIONS
☐ RAZORS
☐ SHAVING CREAM
☐ TWEEZERS
☐ NAIL CLIPPERS
☐ LIP BALM
☐ MAKEUP AND APPLICATORS
☐ MENSTRUATION SUPPLIES
☐ HAIR PRODUCTS
*REMEMBER TRAVEL RULES FOR LIQUIDS AND CONSIDER BUYING WHAT YOU CAN LOCALLY

☐ LAPTOP
☐ CELL PHONE + CASE
☐ PORTABLE CHARGER/CHARGERS FOR ALL ELECTRONICS
☐ ADAPTER PLUGS
☐ HEADPHONES
☐ CAMERA
☐ TABLET AND/OR E-READER
☐ PORTABLE SPEAKER
☐ SMARTWATCH
☐ EXTERNAL HARD DRIVE
☐ PORTABLE BATTERIES
☐ INSURANCE AND/OR WARRANTY INFORMATION FOR ALL YOUR ELECTRONICS
☐ PRESCRIPTIONS/MEDICATIONS (IN LABELED CONTAINERS) ALLERGY MEDICATION OR DAILY VITAMINS
☐ GLASSES AND CONTACT LENSES
☐ DRAMAMINE (IF APPLICABLE)
☐ EARPLUGS AND AN EYE MASK
☐ DEBIT & CREDIT CARDS (WITH TRAVEL NOTICES SET)
☐ EMERGENCY CASH (IN BOTH LOCAL AND USD CURRENCY)

COPIES OF IMPORTANT DOCUMENTS (ORIGINAL COPIES, STORED IN CLOUD, + USB):
☐ FLIGHT & ACCOMMODATION CONFIRMATIONS
☐ PASSPORTS
☐ BIRTH CERTIFICATES
☐ MARRIAGE LICENSE
☐ TAX INFORMATION
☐ VISA PAPERWORK / TRAVEL DOCUMENTS
☐ IMMUNIZATION RECORDS
☐ MEDICAL RECORDS
☐ COPIES OF ALL PRESCRIPTIONS
☐ EMERGENCY CONTACTS LIST (DIGITAL + PRINTED)
IMPORTANT ☐ ADDRESSES/CONTACTS
☐ PET HEALTH RECORDS
☐ TRAVEL INSURANCE INFO & POLICY NUMBER
☐ INTERNATIONAL DRIVER'S LICENSE



A LETTER FROM THE FUTURE

LET'S WRITE A LETTER ADDRESSED TO YOUR CURRENT SELF. WHAT DOES YOUR FUTURE SELF – THE VERSION OF YOU WHO'S ALREADY THRIVING AND ENJOYING LIFE ABROAD – WANT YOU TO KNOW RIGHT NOW, IN THIS MOMENT? WHAT REASSURANCE, CLARITY, OR REMINDERS DO THEY HAVE FOR YOU AS YOU NAVIGATE THIS EXCITING, NEW CHAPTER? WOULD THEY ENCOURAGE YOU TO RELEASE THE PRESSURE AND TRUST THE PROCESS?

[illegible]

PROMPTS FOR ENVISIONING YOUR DREAM LIFE

LET'S TAKE A MOMENT TO IMAGINE THE LIFE YOU TRULY DESIRE ABROAD... NOT THE ONE SOCIETY *THINKS* YOU SHOULD WANT, BUT RATHER THE LIFE YOU FEEL CALLED TO CREATE. LET'S EXPLORE WHAT ALIGNMENT LOOKS AND FEELS LIKE IN THIS VISION. THIS PAGE IS DESIGNED FOR BRAINSTORMING, REFLECTION, AND GAINING CLARITY ON WHAT MATTERS MOST TO YOU. WHETHER YOUR IDEAS ARE FULLY FORMED OR STILL TAKING SHAPE, USE THIS SPACE TO THINK THEM THROUGH AND GIVE THEM LIFE.

WHO AM I IN THIS CHAPTER?

HOW DOES MY MINDSET FEEL?

WHAT EMOTIONS DO I WANT TO FEEL AND EXPERIENCE ON A REGULAR BASIS?

WHAT DOES THIS VERSION OF ME LOOK LIKE?

HOW DO I DRESS AS I EXPLORE THE WORLD?

WHAT VALUES ARE AT THE CENTER OF THIS NEW LIFE?

WHAT SCENIC VIEWS SURROUND ME (THE BEACH, MOUNTAINS, DESERT, RAINFOREST, ETC.)?

WHAT DOES MY IDEAL HOME SPACE FEEL LIKE?

WHAT DOES MY PERFECT DAY LOOK LIKE?

HOW DO MY DAYS FEEL?

ARE THEY FAST-PACED, SLOW, INTENTIONAL, PRODUCTIVE, SPONTANEOUS, ETC.?

HOW DO I WANT TO EXPERIENCE JOY IN MY DAILY LIFE?

I HEAL _____

I CREATE _____

I ATTRACT _____

HOW MUCH MONEY IS FLOWING IN AND OUT OF MY BANK ACCOUNT?

WHAT AM I ACHIEVING?

WHAT AM I CELEBRATING?

WHO SURROUNDS ME IN THIS VISION?

WHAT KINDS OF PEOPLE, CONNECTIONS, AND COMMUNITY AM I CALLING IN?



ENVISION YOUR DREAM LIFE (CONT.)

THIS IS YOUR SPACE TO NARRATE AND SCRIPT THE LIFE YOU ARE UNAPOLOGETICALLY CALLING IN. BE AS DETAILED AS POSSIBLE; THE CLEARER YOU CAN SEE THE VISION, THE EASIER IT IS TO MANIFEST IT INTO PHYSICAL REALITY. WRITE IN THE PRESENT TENSE, AND SPEAK TO YOUR FUTURE AS IF IT'S ALREADY HERE AND YOU'RE ALREADY LIVING IT. DESCRIBE HOW IT FEELS, WHO YOU'RE SURROUNDED BY, WHAT YOU'RE DOING, HOW YOU'RE GROWING, AND WHAT BRINGS YOU JOY. USE THE PROMPTS ON THE PREVIOUS PAGE TO HELP GET YOU STARTED.

[illegible]

Congratulations,



You've officially completed the work book! This is no small feat. You've just neared closer to your freedom, your peace, your truth. I had the honor of creating this with the brilliant mind of my good friend Mira Amin, another Woman reaching towards endless possibilities.

Now that you have completed this guide we encourage that you spread the word that freedom is possible. Take the knowledge you have learned and pass the baton to continuously free the collective. For those seeking additional guidance, you can connect with me via email or by visiting SageSociety.club. Remember, you are a world-changer and a reality shifter. I'm excited to see the wonders you will create and step into. With all the love my heart can offer,

Sage Monroe

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