

THE EXPAT FULFILMENT AUDIT

Your life abroad, your terms;
let's make sure it's as much
of a blast as it should be.



your **spark** abroad

LIFE ON YOUR TERMS IN YOUR NEW COUNTRY STARTS NOW

If you've ever wondered, "Is this the Expat life I signed up for?" You're not alone. The highs and lows of living abroad can be like an exciting rollercoaster, but they can also leave you feeling lost, stuck, or questioning your next steps. Whether you're enjoying life in your new country or facing unexpected challenges, this workbook is here to help you **take stock of where you are and set the first step towards where you want to be.**

By the end of this workbook, you will...

- ◉ Gain clarity on what's working (and what's not) in your expat life.
- ◉ Identify some of the mindset shifts and practical steps you might need to implement to help you feel more at home.
- ◉ Be able to start taking action toward building the expat life that aligns with your values, goals, and sense of self.

Living abroad isn't just about adapting. It's about embracing the **culture shift** and allowing your **evolving identity** to find its sweet spot in your new place. It's also about **consciously curating** the life you want and building **new connections**. Let's dive in and set the base for your next chapter abroad!

PS. Remember to celebrate yourself every morning; you are a **⭐SUPERHERO⭐!** You wake up every day outside of your comfort zone, in a new country, ready to face life. **Kudos!**

Hi, I'm Anna - and I know the Expat journey inside out



I've spent my life across cultures, navigating the challenges of adapting to new languages, lifestyles, and ways of thinking and working. I've felt the highs of adventure and the lows of isolation. I've tackled culture shock, career transitions, burnout, and self-doubt.

Specifically, I help Expats like you navigate the complexities of living abroad with clarity, confidence, and cultural insight. Having pulled off international career moves for some of the world's biggest companies, I understand what it takes to adapt, grow, and thrive in a new culture and business culture. I've worked with people from 30+ different nationalities. **My mission? It is to help you grow, feel confident, culturally savvy, and like you belong abroad in a fraction of the time it usually takes.**

For me, my mission is personal.

Because I get it. I'm not just a coach; I'm an Expat myself. I'm also a daughter, sister, proud mother, partner, aunt, friend, and Jack Russell owner who has called **six different countries**  **home**. I'm a seasoned leader and dedicated people manager who has spent decades guiding, mentoring, and supporting others through life's complexities. With a blend of wisdom, experience, and deep empathy, I create a coaching space where expats like you feel truly seen, heard, and supported.

As a curious, creative soul and Global Polymath, I'm fascinated by human interaction and addicted to growth and learning. That's why my coaching is science-backed, deeply empathetic, and action-oriented. I help you turn fear, overthinking, and self-doubt into confidence, connection, and opportunity. Having a fulfilled life abroad as an expat isn't just about "fitting in;" it's about consciously curating **a life that aligns with who you are**.

You don't have to figure it all out alone. I'm here to support you in creating your life abroad on your terms; **let's do this together!**

★ Contact me: info@yoursparkabroad.com

★ Join my community for insights and resources on LinkedIn and yoursparkabroad.com

PS. Please tell your Expat friends.





LET'S SET A DIRECTION

I think you can agree on that moving abroad is a great adventure, but let's be honest, it also shakes up everything you know. One moment, you're embracing your exciting new culture and in the next, you're wondering why even the simplest things (hello, grocery shopping in an unfamiliar language) feel so overwhelming.

When so much is changing around you, it's essential to check in with yourself.

That's where the  **Life Abroad Compass**  comes in. This tool helps you step back and assess where you are in different areas of life. Because if you don't know where you're starting from, how can you figure out where to go next?

I use this tool regularly in my own life, not because I have it all figured out (spoiler: no one does), but because it helps me stay aligned with what truly matters. And that's exactly what I want for you; a clear, balanced, and **fulfilling Expat experience on your own terms.**

INTRODUCING YOUR LIFE ABROAD

COMPASS

Just think of the compass as your personal life dashboard. It breaks your life into key areas, helping you see what's running smoothly and what's veering dangerously close to a flat tyre. You'll rate each area from 1 to 10. No judgement, just a some honest reflection, identifying strengths and areas that need more attention.

These areas include:

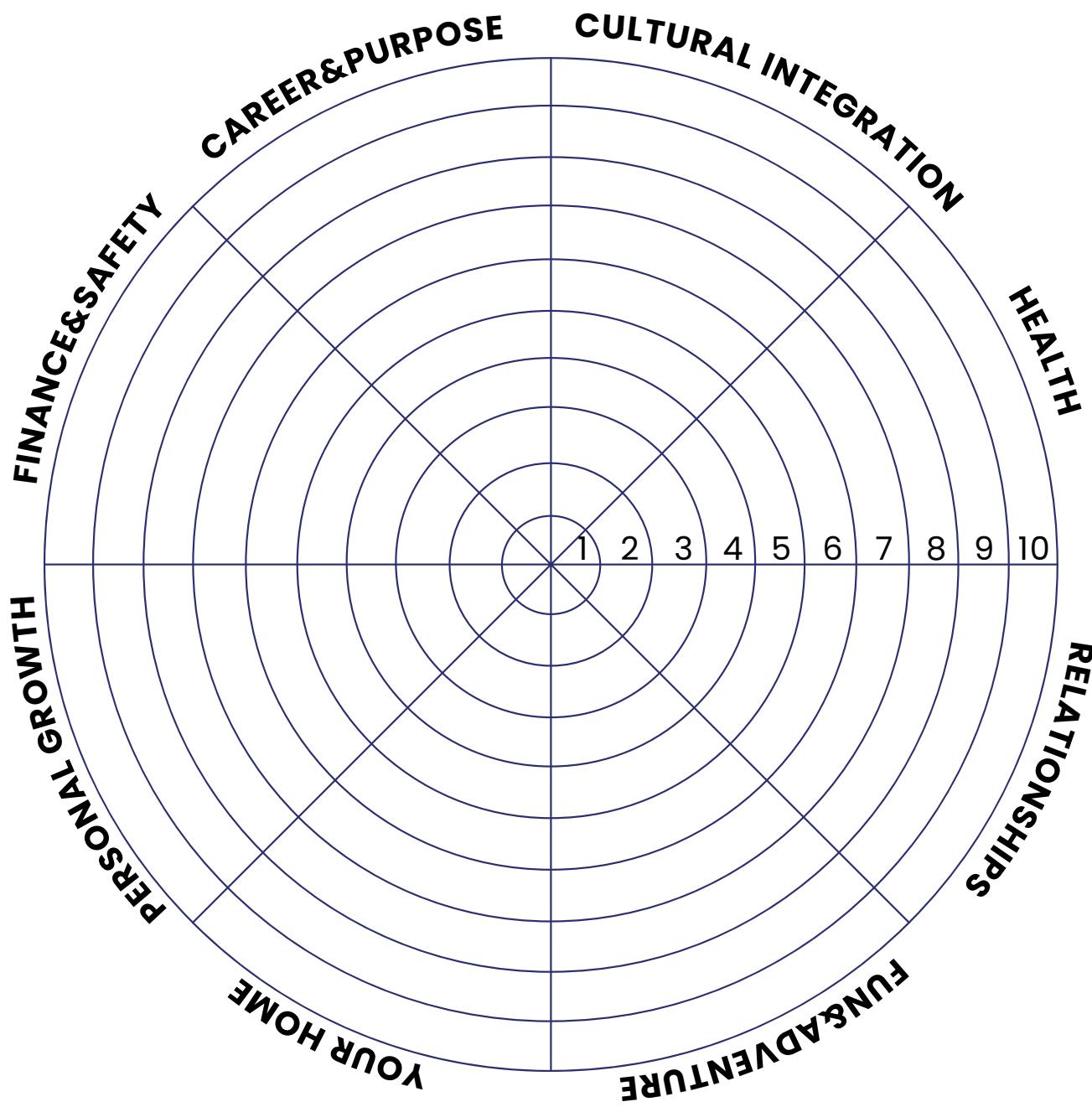
- **Career & Purpose** – Do you feel fulfilled in your work/study, or are you still figuring out your path and purpose abroad?
- **Cultural Integration** - Can you navigate, understand and embrace the culture in your new country?
- **Finance & Safety** – Are you financially stable, or does money stress keep you up at night?
- **Relationships & Community** – Have you found your people, or does loneliness sneak in more often than you'd like?
- **Health & Well-being** – Are you taking care of yourself, or is stress currently running the show? Have you found your happy space?
- **Personal Growth & Learning** – Are you expanding your mindset, learning new skills and embracing change?
- **Fun & Adventure** – Are you making time to explore, have fun, have hobbies and cultural experiences, and enjoy your surroundings?
- **Home & Environment** – Does your space feel like home, reflecting comfort and belonging, or does it still resemble an extended hotel stay?

If your compass looks uneven, don't worry; that's completely normal. **Life is never perfect even.** Instead, this exercise helps you gain clarity on what matters most right now and how to take small, intentional steps to improve your overall well-being.

LIFE ABROAD COMPASS

Using the compass below, rate how fulfilled you are in each area of life from 1 out of 10. No self-judgement, no filters. An honest assessment of where you stand today.

Use the prompts and workbook below to truly analyse the root cause, identify key areas of improvement, and start building your very own expat fulfilment mini action plan.

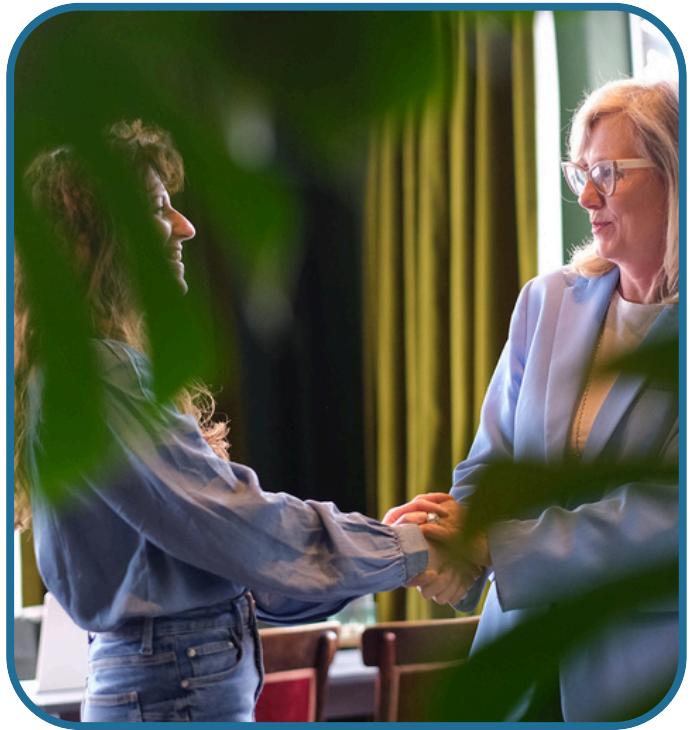


MOVING INTO ACTION

Well done! Time to get going!

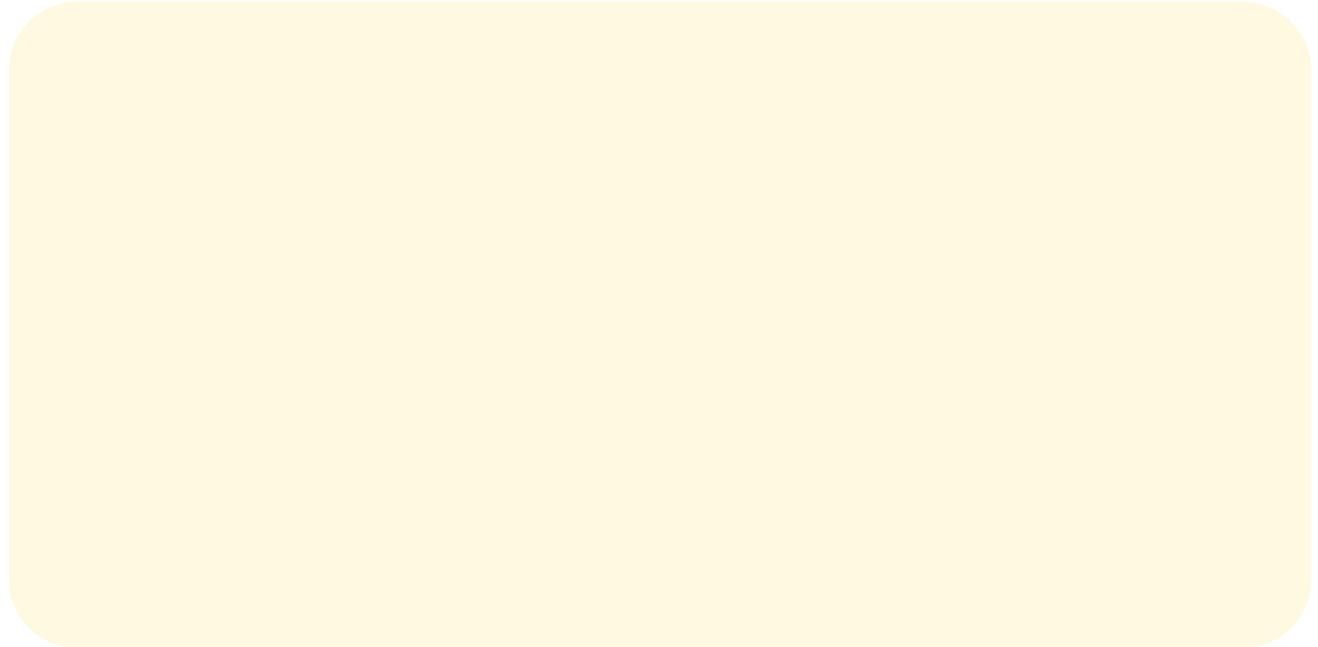
Ponderings & Possibilities (to consider for each area):

Why did you give it the rating you did? What are you craving more of? What would you like to change? What would fulfilment really look like for you? What are the baby steps you can take to improve the different areas of your expat life?

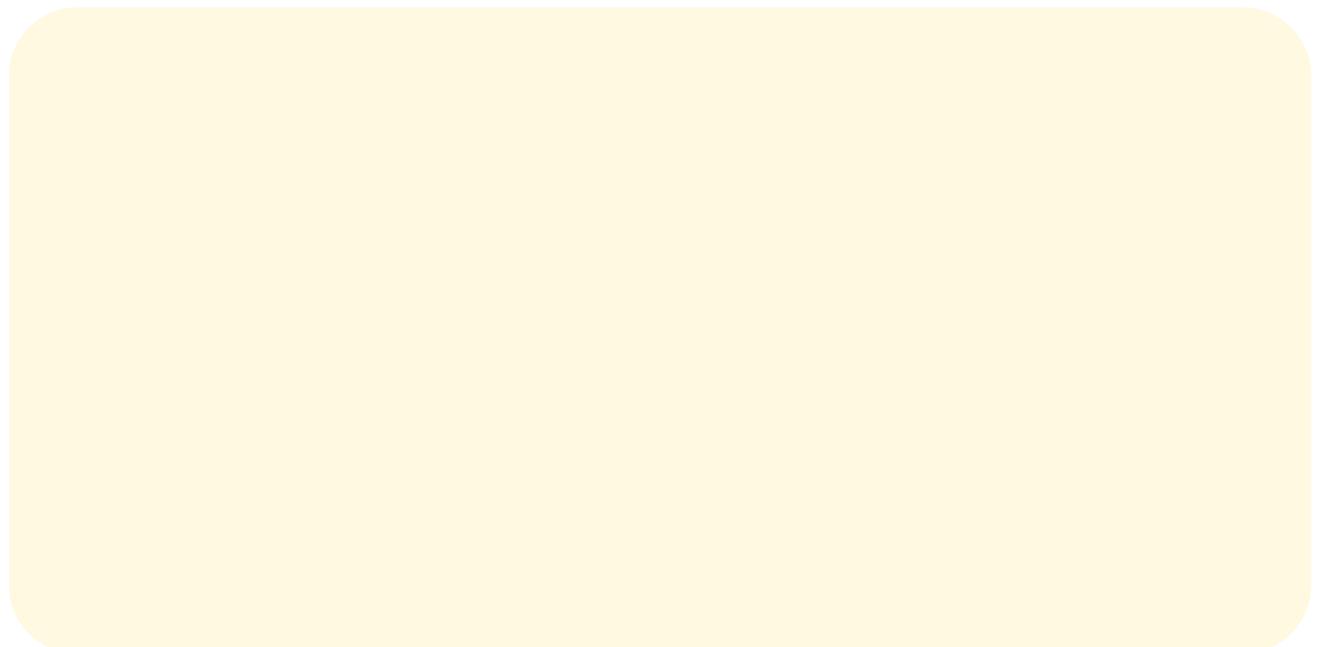


Career & Purpose:

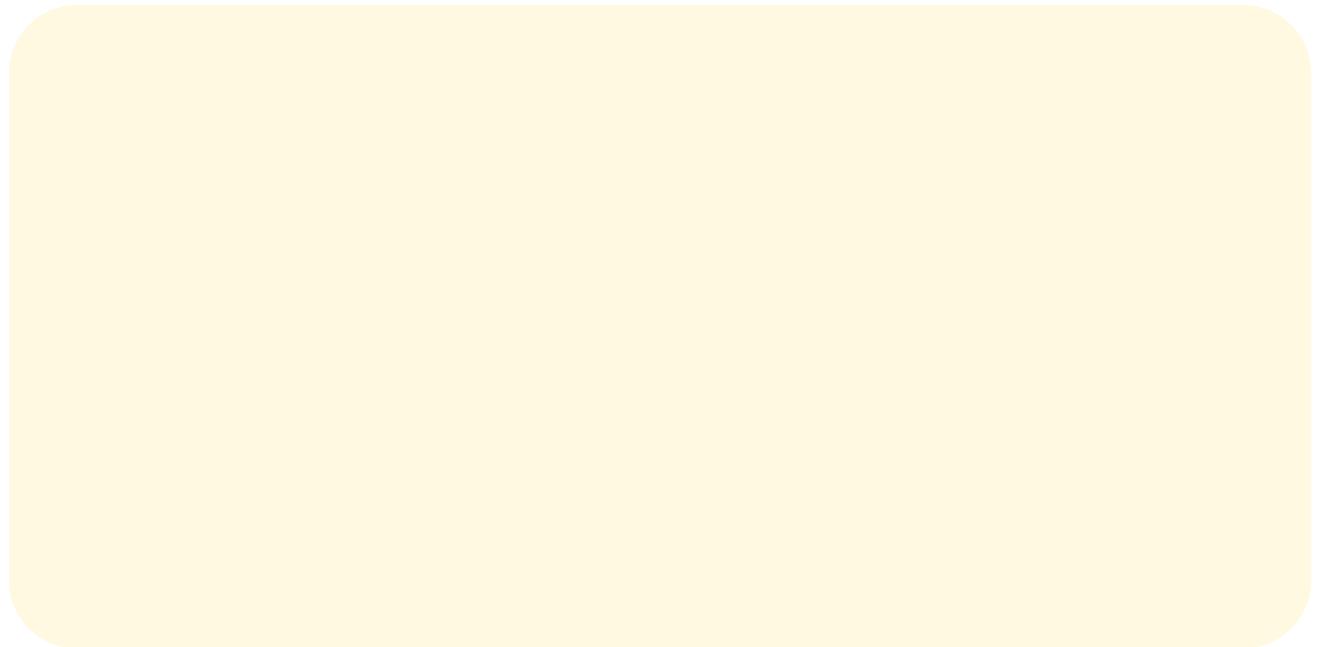
Cultural Integration:



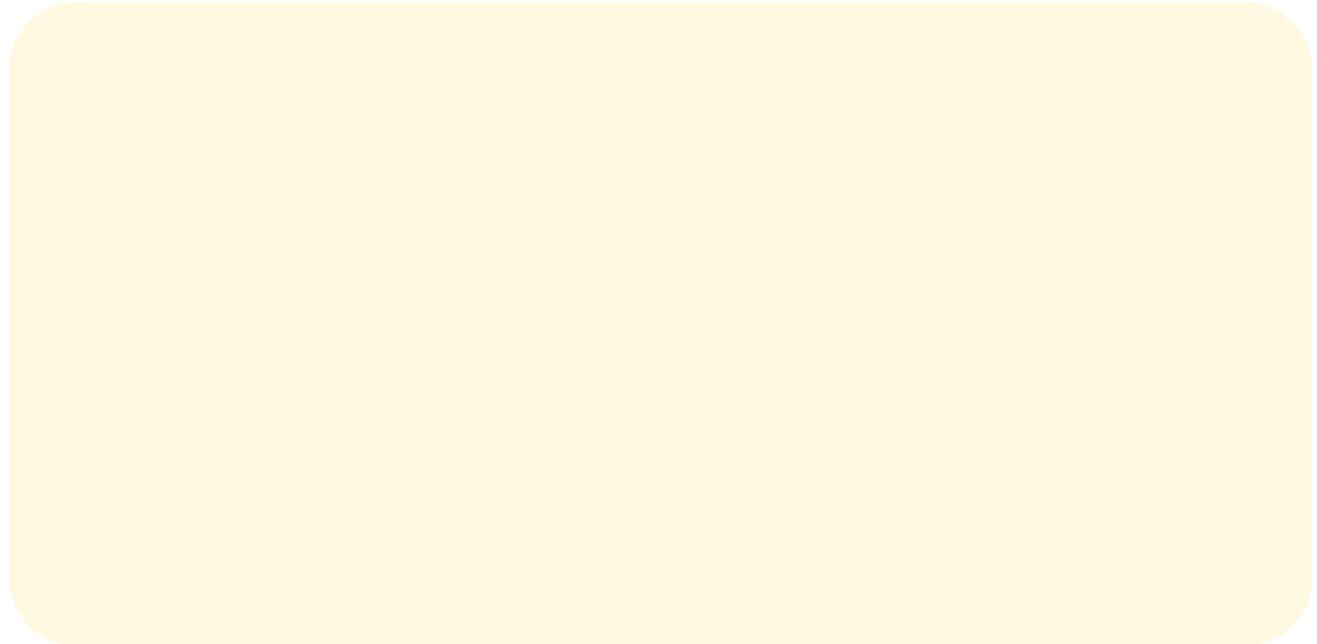
Finance & Safety:



Relationships & Community:



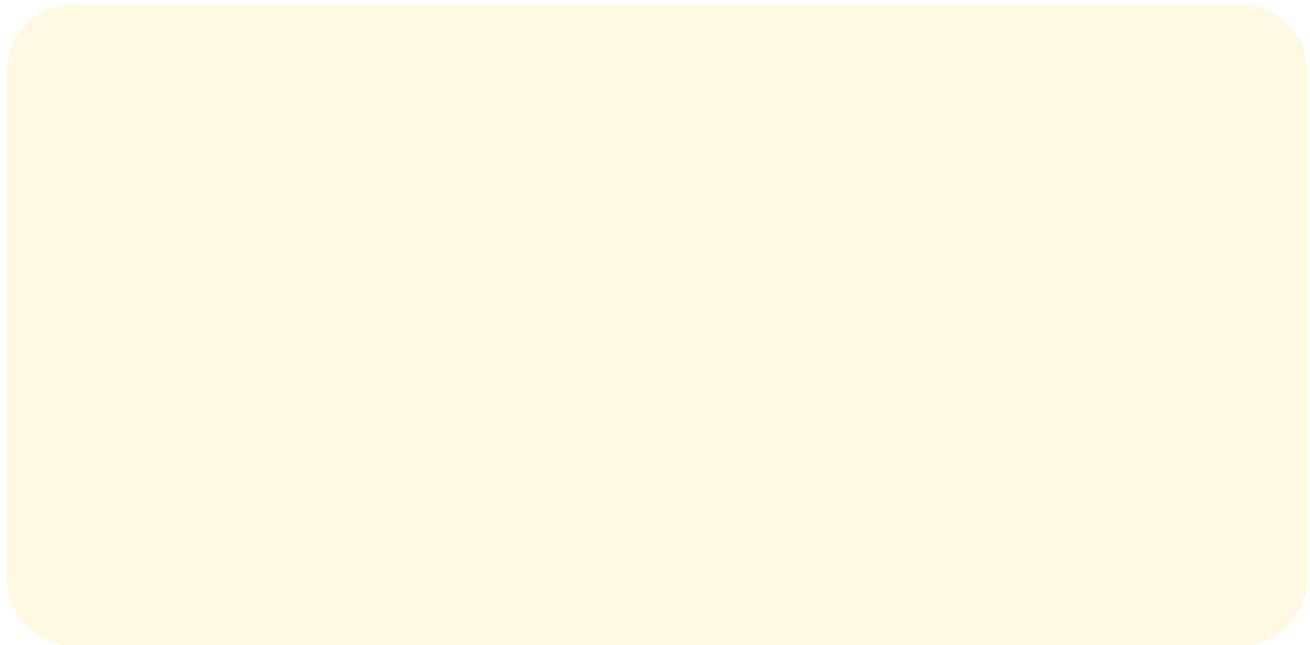
Health & Well-being:



Personal Growth & Learning:

Fun & Adventure:

Home & Environment:



FOCUS AREAS

We can have it all, but not necessarily at the same time. Please take a look at the answers you gave above and define the **three areas you will focus on first** to enhance the quality of your life abroad.

THE BEGINNING OF SOMETHING BIGGER

Look at you! Doing this deep work with The Life Abroad Compass, you've started to better understand and navigate the twists and turns of life abroad. You have uncovered new insights and have **set the base** towards a life that feels like yours. That's no small step; it's the foundation of a life abroad on your terms, **my compliments!**

I'd love to know about your new insights and what action you are taking with me on LinkedIn or Instagram.

WHAT'S NEXT?

By now, you've mapped out where you are, defined what matters most, and outlined steps forward. Actual change happens when those insights turn into daily choices, when new perspectives become second nature, and when you actively create the life you want. I would love to be **your partner** in taking those next steps, helping you turn intention into action for **a truly fulfilling life abroad**.

Book a **free Expat Empowerment Strategy call** with me to get to know each other and see if it is a mutual fit to partner up in creating your life abroad on your terms:
<https://calendar.app.google/1YJQB2BB7wz21uxg6>

Your journey abroad  is still unfolding, and something tells me the **best chapters are yet to come**. I can't wait to see where it takes you!



**your
spark
abroad**

EXPAT EMPOWERMENT COACHING