



Brant's Starter Kit

Five Tips for Folks Who Might Want to Live in Another Country



My parents started moving me when I was just five years old, from the banks of the Chesapeake Bay, to the deserts of Arizona, to the snowy villages of Germany, and lots of other places in-between. By the time I started high school in 1970, I had been to 13 schools in nine years, some of them foreign, and in 23 countries. That was just the beginning of what would become a nomadic life.

It's not that I don't know a more "traditional" lifestyle. I also lived in an American suburb for 30 years, as an adult, with the requisite lawnmower, beige minivan, and house full of stuff. I know what it feels like to *let go* of that traditional lifestyle...*and everything that goes with it!* I know what it feels like to leap from the *known* to the *unknown*, to leave the *comfort zone*, to do what *scares you*, in order to live a life that is, in my opinion, *more free, more fun*, and certainly *more adventurous*.

Today I live in Datça, Turkey on the coast of the Mediterranean. Every day I deal with the challenges of living outside the good ole' U.S.A. ~ paying the electric bill, shopping for food, buying bus

tickets, getting my teeth cleaned, and dealing with local authorities. I don't speak Turkish, but I didn't let that stop me, and I am having the time of my life.

This starter kit will help you benefit from my experience, and also from the experience of my friends and colleagues who, like me, took the leap. Exploring these resources will help you decide *if* that is the right choice for you, and *how* to get started.

Whatever you decide to do, I am 100% sure that just by *considering* such a move, you will enter into a more *expansive* life...*a good thing!*

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Tip #1: The Privilege of a Lifetime

The great scholar and author Joseph Campbell once said: "The privilege of a lifetime is being who you are." *But who are you...really? And what is your personal path to bliss? What makes you thrive? What is your dream?*

Answering those vital questions are the most important first steps for knowing *if*, *where*, and *how* you might want to live in another country. I'm happy to report that there is a way to discover those answers.

My friends Dr. Beverly Nelson and Michael Lee Bartlett offer an online course called "Moving Abroad: A Hero's Journey," that is based on the work of Joseph Campbell. The course helps couples and individuals make this life transforming decision with greater clarity, confidence and much less stress. The eight week, experiential interactive online program helps you define yourself, your values and what matters most in your life, so that no matter what you decide about moving abroad, you will move forward in a powerful, joyful way.

As a first step in your journey, I recommend you listen to my interview with Beverly and Michael, where you will hear their personal story for how they ended up living in Mexico, and more about the course they offer. You'll find that interview at:

<https://dancepastsunset.com/live-abroad-1/>



Tip #2: Letting Go

Personally, I found letting go of my old life, including all the material stuff that went with it, was the hardest step of my journey to freedom. It was easy to say, "Ah, no problem!," but when it actually came time to sell that antique credenza that once belonged to your great-grandmother, and that your kids don't want, that I found out just how tight my grip was. *Pretty tight*. It took me ten years to finally shed the last of the stuff that was weighing me down like an anchor so that my balloon could soar. Again quoting Joseph Campbell: "We must be willing to let go of the life we planned so as to have the life that is waiting for us."

When the emotionally painful time comes to let go of stuff, keep in mind a few things:

1. It's less expensive to buy new stuff in a foreign country than it is to move your old stuff to your new home.
2. The first new country you live in probably won't be your last. It's good to stay light on your feet for a few years. Consider the cost of storing stuff you might never again use.
3. Your kids probably don't want your old stuff.

Because it is so hard to let go, I recommend a coach for this step, and there is none better than my friend Rita Wilkins, the "Downsizing Designer" and author of [Downsize Your Life Upgrade Your Lifestyle](#) You can meet Rita through my interview with her from here:

[https://dancepastsunset.com/
downsizing_designer/](https://dancepastsunset.com/downsizing_designer/)



Tip #3: The Road That Gets You "There"

One of my favorite musicians, George Harrison of The Beatles, once said "If you don't know where you're going, any road will take you there," a line often misattributed to the Cheshire Cat from Alice in Wonderland. Knowing *where* you want to go is *not* a "one and done" process. I found you must take a bite out of a lot of apples before you find one that you want to eat. I recommend a three step process:

1. Do plenty of "armchair" tourism, reading, watching videos and the like, from the comfort of your old home. It's cheap and easy, and a good way to get a sense of what resonates with you. But beware of shiny "life is wonderful here" stories such as the kind you see in a favorite magazine of mine (International Living), for they are not in the practice of showing you the shadow side of a place. A better way to get the whole picture is on ex-pat Facebook groups (e.g. Ex-Pats in Mexico)
2. Take a few short trips to the places that resonate with you. There is no substitute for putting your own boots on the ground and sniffing the air of a place.
3. When you find a place you like, consider moving there for an extended visit of a few weeks or even months. *But rent! Do not buy yet.* As I said before, chances are the first place that grabs you will not be the last place.

A good resource for getting started with armchair tourism is a book by ex-pats Dan Prescher and Susan Haskins: [The International Living Guide to Retiring Overseas on a Budget: How to Live Well on \\$25,000 a Year](#). You can meet Dan, an American living in Mexico, and learn more about his book from here:

<https://dancepastsunset.com/boomers-can-live-2500-month-dan-prescher-international-living-magazine/>



Tip#4: Count the Cost

There is a little known story from the Bible where Jesus says only a fool starts building a tower only to learn halfway through that he has not bought enough supplies to finish the job. There is a cost to leaving your comfort zone and going to "places unknown," and it is foolish not to consider them before taking the leap. And I am not talking about dollars and cents - I am talking about the *emotional costs* and the affects of living away from dear family and friends. Not everyone is cut out for that kind of life. There is missing your grandson's big basketball game and Sunday dinners with the fam, and watching a granddaughter's first Halloween from a video. Those costs can be *daunting*, and they can take a toll on you and on your partnership (e.g. marriage) if you have one.

I explore this aspect of leaving "home" with Tricia Pimental, an American living in Portugal and author of [A Movable Marriage](#). You can meet Tricia from here:

<https://dancepastsunset.com/tricia-pimental-portugal-part-1/>



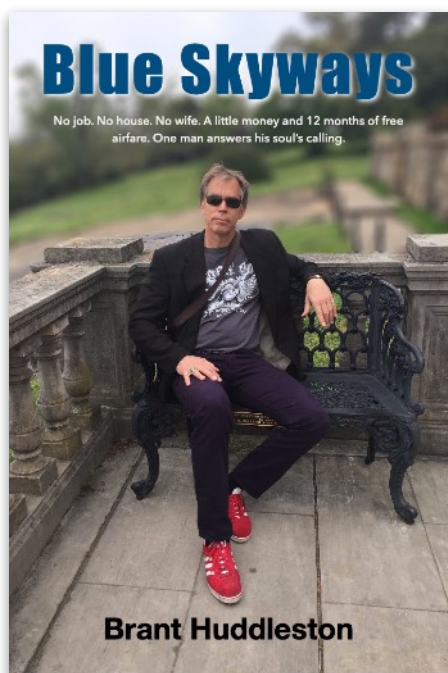
Tip #5: You Are Not Alone

*Congratulations on reading this far in my starter kit! You have taken the first steps. I want you to know that when you venture out to the great beyond, you will find the world is 98% full of kind, wonderful people who will graciously help you. *Yés, 2% are rascals, but don't let them stop you!* Keep going.*

I have no scientific proof of this, but my impression is that women in the second half of life are more likely than men to venture outside their home country. If that describes you, then I want you to meet my friend Patricia Brooks, author of [Growing Bold](#).

Patricia, a Certified Professional Coach and host of the *Discovering Courage* podcast, teaches women who are trying to move abroad how to cut through the logistical complexities, resolve the emotional blocks, and develop an action plan that will guide them in confidently moving to their dream country so that they can enjoy a higher quality of life and the feeling of freedom that brings. You can learn more about what Patricia offers from here:

<https://thecouragecatalyst.com>



Thank you!

Thank you for signing up for my newsletter and for following me as I go about my own adventure outside my home country. If you want to know more about how I worked through some of the issues, both personal and practical, consider reading my book Blue Skyways, now available on Amazon.

Blue Skyways: No job. No house. No wife. A little money and 12 months of free airfare. One man answers his soul's calling.

For Christmas 2018, my brother, a pilot with American Airlines, gave me a gift that became the experience of a lifetime: 12 months of free travel anywhere American Airlines flies.

Thus began a year long journey that took me from the rocky coast of Portugal, to the hot sands of Morocco, to the mangrove swamps of Panama, with many places beyond and between. In cheap hostels and the backwaters of the nomadic milieu, I discovered a treasure chest of colorful and fascinating people. I tell their stories and mine.

The trip became as much a spiritual and emotional journey inward as it was a literal outward one, and found me in a place those of you who are in the second half of life are likely to recognize.

With references to the philosophies of Jung, Jesus, Dylan, and the Buddha, Blue Skyways is an international romp by a man in his 60's with not much more than a pack on his back, and still much to learn.

Welcome aboard the Blue Skyways.

