

GLOBAL ADAPT METHOD

A FREE GUIDE FOR ATHLETES

Are you ready to compete abroad?

The Athlete Relocation Readiness Checklist: 20 questions to see where you are ready, and where support could help you perform and live well in a new country.

Most athletes who struggle abroad have the talent. What trips them up is life off the field: a new language, new routines, team culture, pressure, and distance from home. This checklist helps you spot those areas early.

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HOW TO USE THIS CHECKLIST

Check each statement that is true for you most of the time. Be honest: this is for you, not a test. Then add up your checks on the last page.

A Daily Life & Routines

- ☐ 1 Keeps a consistent sleep schedule around training, travel, and time-zone changes.
- ☐ 2 Plans meals and recovery on their own, even with unfamiliar food and schedules.
- ☐ 3 Organizes a week that balances training, competition, study or work, and rest.
- ☐ 4 Handles everyday tasks alone, like banking, a phone plan, transportation, and appointments.

CHECKS IN THIS SECTION / 4

B Language & Communication

- ☐ 5 Communicates clearly with coaches and teammates in the team's language.
- ☐ 6 Asks staff for clarification when instructions are unclear, instead of guessing.
- ☐ 7 Can explain how they feel, physically and mentally, to the right person.
- ☐ 8 Stays calm and professional with media, sponsors, and club officials.

CHECKS IN THIS SECTION / 4

C Team & Cultural Adjustment

- ☐ 9 Understands that team culture, hierarchy, and communication may differ from home.
- ☐ 10 Builds relationships with teammates outside of training.
- ☐ 11 Is open to new ways of training, eating, and living.
- ☐ 12 Respects local customs and expectations off the field.

CHECKS IN THIS SECTION / 4

D Pressure & Performance

- ☐ 13 Recognizes early signs of stress, fatigue, or overload.
- ☐ 14 Has a reliable routine to reset after a bad game or a setback.
- ☐ 15 Stays focused when playing time, selection, or results are uncertain.
- ☐ 16 Keeps social media and outside opinions from affecting performance.

CHECKS IN THIS SECTION _____ / 4

E Support Network & Life Off the Field

- ☐ 17 Has at least one trusted person to talk to in the new country.
- ☐ 18 Stays connected with family without homesickness taking over.
- ☐ 19 Has interests or activities outside the sport.
- ☐ 20 Has thought about goals beyond the current season or contract.

CHECKS IN THIS SECTION _____ / 4

YOUR TOTAL

A · Daily Life & Routines	____ / 4
B · Language & Communication	____ / 4
C · Team & Cultural Adjustment	____ / 4
D · Pressure & Performance	____ / 4
E · Support Network & Life Off the Field	____ / 4

Total	_____ / 20
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Tip: ask a parent, agent, or someone you trust to complete it about you too, then compare.

The places where you see things differently are often the best starting point for a conversation.

What your score means

16–20

A strong foundation

You have many of the habits that make a move abroad smoother. Keep building on them, and watch for new challenges in the first few months.

10–15

Some areas need attention

You are partly ready. Focus on the sections with the fewest checks, ideally before or right after you arrive.

0–9

Extra support will help

This is common, especially for a first move abroad. These skills can be learned, and structured support makes a real difference.

Whatever the total, any section with **2 or fewer checks** is the best place to start.

Three things you can do now

1. **Talk it through.** Share your results with your family, agent, or someone you trust, and decide which area feels hardest.
2. **Prepare one area before you arrive.** Pick one or two sections and work on them now, before the season starts.
3. **Build your off-field routine early.** Use the first 30 days to set up sleep, meals, and one activity outside the sport.

This checklist is a conversation starter, not an assessment, a diagnosis, or sports psychology. If you are concerned about your mental health, please speak with a licensed professional.

Want a personalized plan?

Global Adapt Method Elite offers personalized support for athletes adapting to a new country, a new team, and a new way of life. Schedule a free conversation to see if it's the right fit.