

THE TUESDAY TEST

*20 Prompts to Know If a Country
Is Actually Home*

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Forget the Saturday

When I was trying to figure out where to move, I kept asking the wrong question. I kept asking myself where I'd want to vacation. And everywhere is nice on vacation. The food is better, the light is softer, the coffee is hotter, the wine is cheaper. Every place is performing for you when you're a tourist.

The question that actually matters is this: where would I want to have a boring Tuesday?

You know a country is home not when the Saturday is great — every Saturday abroad is great — but when the *Tuesday* is tolerable. Better than tolerable. Enough. The Tuesday is where life actually happens. It's the rainy afternoon with no plans, the trip to the pharmacy, the grocery store layout that doesn't make sense, the 3pm lull where you wonder what to do with yourself. That's 80% of living anywhere. And if the Tuesday version of a country doesn't make you feel something — even if it's just quiet contentment — then the Saturday version isn't a home. It's a vacation.

This test is 20 prompts. Each one is a scene you'll imagine in your candidate country. Not the best day. Not the worst day. The ordinary one. Read the scene, picture yourself inside it, and ask whether it feels like a life you could live — or a life you'd want to fly home from.

At the end, count the prompts where the answer was a comfortable yes. The number will tell you something real.

Grab a pen. Pick one country. Let's go.

The morning (prompts 1–5)

It's a random Tuesday. Not a special one. You're waking up in this country.

1. You wake up at 7am. It's raining. You have no plans today. What do you do with the first hour?

Does that hour feel like you — like something you'd look forward to — or like something you'd endure?

2. You want coffee. You put on real clothes and walk out of your apartment.

Is there a place within a 10-minute walk that you'd want to go to regularly? Could you imagine being a regular there — known, greeted, recognized?

- 3.** You realize you need to schedule a doctor's appointment. Not an emergency — a routine checkup.

Walk yourself through how that goes. Who do you call? What language do you use? Do you feel capable, or does the thought make your chest tight?

- 4.** You need groceries for dinner tonight. Bread, something fresh, something you can cook simply.

Do you know where you'd go? Can you walk there? Is the walk pleasant or a chore? Do you know the name of the store, the words on the signs, roughly where the things you need live inside it?

- 5.** On the way home you see a neighbor you've seen before but don't really know. They make brief eye contact.

Do you say good morning? In what language? Does the idea of a tiny pleasantry with a near-stranger energize you, or drain you? Both answers are allowed. Either one tells you something.

The errands (prompts 6–10)

This is where a place either works or doesn't. Most people underestimate how much of a life is logistics.

- 6.** You need to refill a prescription. You walk into the pharmacy.

How confident are you that the transaction goes smoothly? And if something goes wrong — a medication isn't in stock, a form isn't right — how do you recover? Do you have the language, the patience, and the relationships for it?

- 7.** A package you were expecting is delayed. You need to track it down.

Whose website do you visit? Who do you call? Is this a 15-minute problem or a three-day ordeal? Which one, honestly, based on what you know about how this country works?

8. Your internet goes out in the middle of a workday.

Walk through the next two hours. Would either outcome — it's fixed fast, or it takes days — make you want to cry? If yes, why? That why is important.

9. You need to pay a bill. Rent, utilities, phone, whatever.

Do you know how bills actually work in this country? Is it an app, a bank transfer, an in-person line at a specific kind of office? Does the answer give you confidence or dread?

10. You need a specific thing — a particular kind of spice, a replacement phone charger, a specific strength of something.

Can you picture yourself finding it? Not easily. Eventually. Do you have the stamina for “eventually” to be your default mode for a while?

The afternoon and evening (prompts 11–15)

The hours when nothing is scheduled and the place has to sell itself to you without drama.

11. It's 3pm. You're bored. You don't want to work anymore. You don't have plans and nobody is coming over.

What does this place offer you? A café where you could read? A walk along water? A public library, a park, a market? Anything that doesn't require driving somewhere or spending money you don't have?

12. You want to move your body. Not a workout — something gentler. A walk, a yoga class, a stretch of sidewalk.

Is there somewhere within reach that doesn't require a car? Is it somewhere you'd actually go, or is it theoretical?

13. It's 6pm and you're thinking about dinner.

Are you cooking at home tonight? With what ingredients, from which market? Or are you eating out? Is there somewhere nearby you'd be happy to eat twice a week — not a fancy place, just a reliable one?

14. It's 8pm. You don't particularly want to be alone but you don't have a friend to call either.

Is there anywhere you could go on a Tuesday night just to be around other people? A café that stays open, a quiet bar where you could nurse a drink and read, a community event, a concert? What shows up in your mind?

15. It's 10pm and you're winding down. You're in your apartment.

Can you imagine falling asleep here — not as a tourist, not on vacation, just as someone whose Tuesday this is? Can you imagine it being genuinely ordinary?

The harder moments (prompts 16–20)

Every life has these. A home has to be able to absorb them. This is where most fantasy countries fail the test.

16. You need to get to a hospital. Not an ambulance emergency — a real concerning health issue that needs attention today.

Walk yourself through the next six hours. Who do you call? Where do you go? How do you communicate with the people treating you? Do you know whether your insurance covers this, or what it will cost?

17. Something breaks in your apartment. A pipe, the heat, an appliance.

Walk through the repair process. Do you have a landlord? A handyman? The vocabulary for “the thing behind the thing is leaking”? Are you prepared for that to take longer than it would in the US?

18. You have a bad day emotionally. Not a crisis. Grief, anxiety, low mood — the kind of day every adult has sometimes.

What do you do in this country to get through it? Is there a friend, a therapist, a routine, a place that works for you? Or would you be alone with it in a way you haven't been before?

19. Someone you love back in the US has a medical emergency. You're 5,000 miles away.

Walk through your next 24 hours. Do you have the savings for a last-minute flight? A backup plan for your apartment, pets, life while you're gone? Have you thought about this possibility concretely, or have you been avoiding it?

20. A year from now, on another random Tuesday, you imagine looking up from your morning coffee and thinking “this is my life now.”

Does that thought land as relief, as dread, or as something else? There's no right answer. But whatever your honest answer is, trust it.

What your answers mean

Go back through the 20 prompts. For each one, mark whether your honest answer was a comfortable yes — meaning “I can picture myself in this, and it feels workable or better.”

Don't count the maybes. Don't count the “I could probably figure it out.” A yes is a yes.

Count your yeses. Then find yourself below.

16–20 yeses — This country is likely a home

You can picture yourself inside the ordinary days, not just the exciting ones. That's rare. Most people can't pass the Tuesday Test for most countries on their list. If this country is also on your short list for the practical reasons (visa, budget, healthcare, community), this is probably your answer. The gap between here and landing is logistics, not fit.

11–15 yeses — This country is a strong maybe

You can picture yourself in most of the scenes but a handful of them are genuinely hard to imagine. Look at which ones. If the hard ones are the harder-moment prompts (16–20), that's a caution flag — those are the situations that send people home. If the hard ones are the errand prompts (6–10), that's more solvable: it's a language or familiarity gap you can close in the first year.

6–10 yeses — This country is more of a vacation than a home

You love the idea of it. The Saturday version is beautiful. But the Tuesday version isn't quite landing for you yet. That could mean two things. Either you haven't learned enough about the country to picture the ordinary version of it — in which case, more

research — or the country genuinely isn't the right fit for your daily life, and the fantasy is doing work the reality can't do. Either one is useful information.

0–5 yeses — This country probably isn't your country

That sounds harsh. It isn't. It's a gift. Five years from now, you don't want to be unpacking boxes in a place that your imagination couldn't picture you being in. Better to know now. Try the test again on a different country.

One more thing — my Tuesday

For context, here's what this test looks like in real life, for someone who's four years in.

My Tuesdays in Porto look like this. I wake up and walk my dog. I meet other dog people at the park and we talk about the weather and our animals and sometimes our lives. I go to my favorite café for coffee, alone or with my dog or with a friend. I work from home for several hours. I walk half a block to my local frutaria for fruit and vegetables, and another half a block to the padaria for bread. I take three long walks each day. I cook dinner. Sometimes a friend comes over. More often, I play online games over Signal with my best friend, because I'm a lifelong gamer and that part of me has never died.

None of that is glamorous. None of it is Instagram-worthy. Most of it isn't even interesting. But it's mine, and it's enough. And four years in, I look up sometimes and realize: this is my life now. And the thought lands as relief.

That's what you're trying to build. Not a highlight reel. A Tuesday you'd want to wake up to.

What comes next

If the Tuesday Test narrowed your list — or confirmed a country you were already leaning toward — two other resources will help you take the next step.

The 6-Question Country Filter — if you have more than one country still on your list, this filter eliminates 80% of options before you invest another minute researching them.

The Over-50 Readiness Check — if the country is clear but you're not sure whether YOU are ready, this 12-question check tells you where you are, what's in your way, and what your next step actually is.

Both are free. Links below.

And if you're ready for the full framework — the complete pre-move playbook I wish I'd had in 2022 — that's what the Move Abroad Masterclass covers.

Links

- [YouTube](#)
- [Substack](#) (free weekly newsletter)
- The [Over-50 Readiness Check](#) PDF
- The [90-Day Pre-Move Community](#) Plan PDF
- The [Tuesday Test](#) PDF
- The 6-Question [Country Filter PDF](#) or [Fill-In Online Version](#)
- [Move Abroad Masterclass](#)
- 1:1 [Consulting](#)

If this helped you, send it to one friend who needs it. That's the only payment I ask for.

— *Kimberly Anne*

Porto, Portugal