

# Digital Nomad Quiz

## Is the Digital Nomad Life Right for You?

Answer each question with a ✓ if it feels true to you.

### WORK & STRUCTURE


- ☐ I can stay self-motivated without a manager or office
- ☐ I feel comfortable with flexible work hours, even across time zones
- ☐ I'm okay with occasional internet issues or noisy cafés
- ☐ I have a reliable remote income (or a plan for one)
- ☐ I don't need someone watching me to get things done

### LIFESTYLE & PERSONALITY

- ☐ I'm comfortable spending time alone (and sometimes even enjoy it)
- ☐ I crave new experiences more than routines
- ☐ I'm curious about other cultures and open to learning
- ☐ I enjoy planning, even if things don't always go to plan
- ☐ I know how to find comfort in the unknown

### EMOTIONAL RESILIENCE

- ☐ I can handle missing holidays, birthdays, or events back home
- ☐ I'm okay not having "my" coffee shop or gym for a while
- ☐ I know how to ground myself when I feel overwhelmed
- ☐ I don't need external validation to feel fulfilled
- ☐ I'm willing to feel lonely sometimes in exchange for growth



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## Watch Out If...

- ☐ I get anxious without routines or structure
- ☐ I need constant emotional support from others nearby
- ☐ I struggle to adapt when things don't go as expected
- ☐ I get overwhelmed by logistics, tech, or travel planning
- ☐ I rely heavily on creature comforts to feel okay day to day

## Reflection Prompt (Optional):

What do I need in place emotionally, financially, or socially to make this lifestyle feel sustainable for me?

## How to Score This Quiz

If you checked:

- Mostly top three sections: The lifestyle could absolutely fit — especially with intention.
- Mostly “Watch Out If” section: It may be better to try a short trip or slow travel retreat first, before going all in.

