

van life: personal assessment



Define your Why, What and How...

Prompts:

- What motivates my desire to pursue van life?
- What aspects of this lifestyle resonate with me and draw me towards it?
- What is the primary objective of embracing van life: is it for travel, financial savings, or another purpose?
- What specific outcomes do I hope to achieve from van life, and what overarching purpose does it serve for me?
- How do I anticipate van life benefiting me personally, whether through increased freedom, closer connection with nature, or other advantages?
- What potential obstacles or challenges do I foresee encountering during my van life journey, and how do I plan to address them?
- In what manner do I envision executing van life—will I remain within my home country, travel extensively, or focus on specific locations?

Why?	
What?	
How?	



Once you've completed the above you're ready to move onto the next part of the assessment 😊

Six Key Considerations to assess whether Van Life is for you...

Category	Prompts	Notes
Work	<ul style="list-style-type: none">● Do I want to keep my current job? If so, is this practical with van life?● Do I want to travel in the van and work remotely? If so, will my employer let me work remotely?● Am I self-employed? If so, can I do my work remotely?● Do I want to become self-employed so I can be location independent, i.e. freelancer/digital nomad	
Financial	<ul style="list-style-type: none">● What is my budget for the van?● How will I finance the purchase?● What are the anticipated running costs for the van? (Note: Older vans, while cheaper initially, may incur higher repair expenses.)● What is the minimum monthly income required to sustain van life expenses?● Are there any outstanding debts or financial commitments that need to be addressed?	



Space & Comfort

- Can I effectively work within the van? Is there sufficient space for my work requirements?
- Will my partner and/or children be able to live comfortably in the limited space of the van?
- Is there enough room for my partner and/or children to pursue their own work or hobbies?
- If I have pets, do I have enough space to accommodate them comfortably?
- What hobbies are significant to me, and can I continue to engage in them while living in a van?

Practicality & Mental Health

- Where will I prefer to sleep: at designated campsites, boondocking in remote areas, or rural locations?
- Am I willing to simplify my day-to-day living and embrace a more sustainable lifestyle through downsizing?
- How appealing is the concept of low-maintenance living to me?
- Can I adapt to not having access to a personal washing machine?
- Am I comfortable with the idea of maintaining a capsule wardrobe?
- Will I be at ease without a flushing toilet and being responsible for waste disposal?
- Am I prepared to conserve water by taking shorter showers and reducing overall consumption?
- Are there any health concerns that need to be addressed, and how will I manage them while living in a van?
- Do I have any mental health considerations, and what strategies will I employ to address them during van life?



Social & Community

- Am I embarking on van life solo, or will I share the journey with a partner and/or children?
- If I'm solo, am I at ease with the prospect of solitude for extended periods?
- Do I value making new connections while traveling, and am I open to stepping out of my comfort zone to engage in activities to meet fellow travelers?
- What new hobbies or activities do I aspire to pursue while on the road?

Maintenance & Self-sufficiency

- Do I have any physical, skill, or knowledge limitations that could impact my ability to be self-sufficient on the road?
- If limitations exist, am I capable of overcoming them to ensure independence during my journey?
- Do I lean towards off-grid living, or do I prefer the convenience and amenities provided by established campgrounds?
- Am I fully aware of the significance of sourcing water, managing waste disposal, and securing food supplies while navigating life on the road?

