

3 DAY FULL-TIME TRAVEL BUDGET CHALLENGE

WORKBOOK



DAY 1

About Heather



Hi, I'm Heather Markel. I quit a 6-figure job in 2017 to pursue my passion of traveling the world. What I thought was a career break turned into a way of life. I'm in my fourth year of full-time travel and looking forward to more adventures.

I quit without a real plan, but with a financial safety-net. I was shocked to learn that full-time travel is a hell of a lot cheaper than a "stable" life. I also learned there are a lot of great ways to sustain full-time travel for those who want to, and none of them involve you having to be rich.

I now help others who want to trade a life of job dissatisfaction to travel full-time, with the strategies to comfortably afford and sustain it.

The purpose of this 3-day challenge is to get the wheels turning, and inspiration burning so you can get a few steps closer to turning your dreams into your reality.

Heather Markel

INTUITIVE BUSINESS & PEAK LIFESTYLE COACH
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Travel For Transformation



heathermarkel



heatherjourneys

3-day challenge checklist

01



Whitelist my emails in your inbox.

I'll be sending you reminders to join us by email, so make sure you're set up to see them when they arrive!

02



Block your calendar.

I'll be going live every day of the challenge at 6pm Eastern. Click [here](#) if you need to convert that to your timezone.

03



Join the Facebook Group.

Watch the trainings, catch the replays, and get support at Full-Time Travelers And Nomads.

04



Download Daily Action Guides.

Each day, a new guide will be available for you to download, so you can apply what you learn.

05



Win Prizes.

Each day a prize winner will be chosen from those that participate and do their homework. :)

A graphic with a dark blue central area containing the text "DAY 1" in red. The background is composed of several geometric shapes in teal, lime green, and coral red.

DAY 1

The Foundation Of Your
Full-Time Travel Budget.

PRIZES

If you show up and participate in the challenge (attending live, or watching the replay, asking questions, answering challenge questions) there are a few prizes up for grabs! Be in it to win it!



DAY 1 – YOUR TRAVEL STYLE

Day 1 is the foundation of being able to create the right budget for the right experience for your travels. Whether you plan a few months or years, or forever, this step is essential to your planning process.

Fears & Assumptions

What are your biggest fears about traveling full-time?

What do you imagine the experience to be like?

What draws you to the experience, and why now?

What are 3 fears you've overcome in your life?

Inspiration

What are a few movies or quotes that inspire you?

What are the main reasons you find inspiration in them?

What do you find inspirational about traveling?

Getting Practical

Which travel style sounds most like you?

What is the monthly budget for this style (from today's workshop)?

What budget feels most comfortable?

Your Budget

Do you have a budget, currently?

Why or why not?

What are you paying for that you don't need?

How does your travel style budget compare with your current one?

Does your preferred travel style match the monthly budget level you find most comfortable?

Today's Lessons:

Lesson 1:

Lesson 2:

Lesson 3:

Notes: