

3 DAY FULL-TIME TRAVEL BUDGET CHALLENGE

WORKBOOK



DAY 2

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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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 2" in bold green letters. The background is composed of several geometric shapes in red, yellow, and green.

DAY 2

Learning how to save.



DAY 2 – SAVING MONEY

Day 2 is the bridge between your travel style and your travel budget. This is where you have an idea of what you need, and you're creating more padding and longevity to your experience.

Your Relationship With Money

If money were your spouse/partner, how would you describe it?

What phrases do you constantly say about your financial situation?

What are some positive things you feel about money?

CHALLENGE: Take money out for dinner tonight. Place a note or your wallet on the table, as if it's another person at the table. Offer nothing but compliments. See what you feel in your body, as you do. What negative thinking is fighting the compliments?

Money, Money, Money

List all the places you've received money from. (e.g. jobs, people, random...)

Using the numbers from day one for your travel style, multiply by 12 to see how much money you need to feel comfortable traveling with no income:

How long (in months) do you plan to travel/ would you like to travel?

Your Savings Inspiration

What's the cost of living for the countries you want to visit, using www.numbeo.com/cost-of-living? (Write the name of the country, and the monthly COL.)

Countries:

Monthly Costs Of Living:

Are those amounts more or less than the monthly budget you planned for?

Using the Numbeo website, list out the following costs for your first choice destination:

Meal at a budget restaurant:
Monthly Rental/ Accomodation:
Food item of your choice:

Today's Lessons:

Lesson 1:

Lesson 2:

Lesson 3:

Notes: