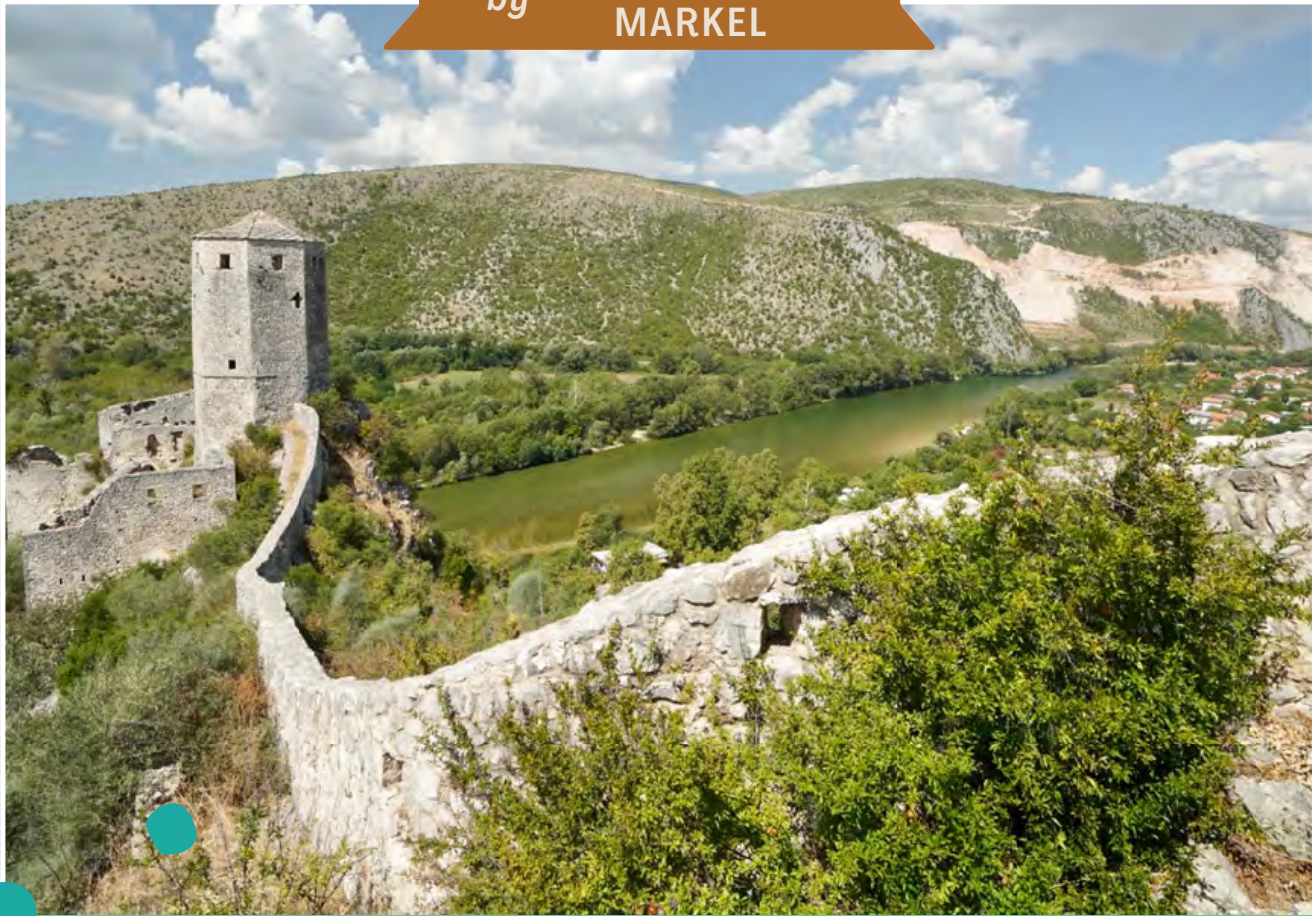


by **HEATHER
MARKEL**



Destinations

**HOW TO CHOOSE WHERE TO GO, WHEN
YOU CAN GO ANYWHERE**

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Hello!

Hi, I'm Heather Markel. After more than a decade of talking about it, and many more years dreaming about it, I quit my job believing it was a career break, but ended up being so happy pursuing my passion that it became a way of life.

I've been traveling the globe full time since 2018 and I can tell you with authority that this is one of the most rewarding things you can do. And, if you can do it in your 40's or 50's instead of waiting for retirement, you open up a realm of possibilities for the rest of your life that won't otherwise be possible.

XOXO
Heather

Heather Markel

FULL TIME TRAVEL COACH, TEDX SPEAKER, BEST SELLING
AUTHOR

www.FullTimeTravelCoach.com



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Thank you

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Choosing Where To Go



They say it's a small world, but it sure doesn't feel that way when you realize how many places you can go!

After I quit, I spent two entire weeks in agony. When you can go ANYplace in the world, you suddenly see how many places this earth has. And, when you want to go to all of them, where do you begin?!

I created this guide to give you some ideas on how to make your decision if you're having a tough time. Use this as inspiration only. There is no right or wrong way to pick a destination. Listen to your heart, and see what ideas come to life for you after reading this guide. The first part of this eBook helps you focus the places you want to go, the second part helps you eliminate places, in case one strategy works better for you than the other.

Each section has an idea followed by a worksheet for you to jot down your thoughts.

Without further ado, here are some ideas to help you figure out where to go.



”

So much to see, and
now, plenty of time
to see it...





Follow Your Heart

Go where you feel like going.

Choosing where to go can be as simple as listening to your heart. When you think of a destination, can you feel your heart beat a little stronger? Use that heartbeat to choose where to go!

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My Heart's List

Use this page to open up to what your heart wants most! If you don't resonate with this, think of your "bucket list" if you have one, and use that as your guide.

Countries

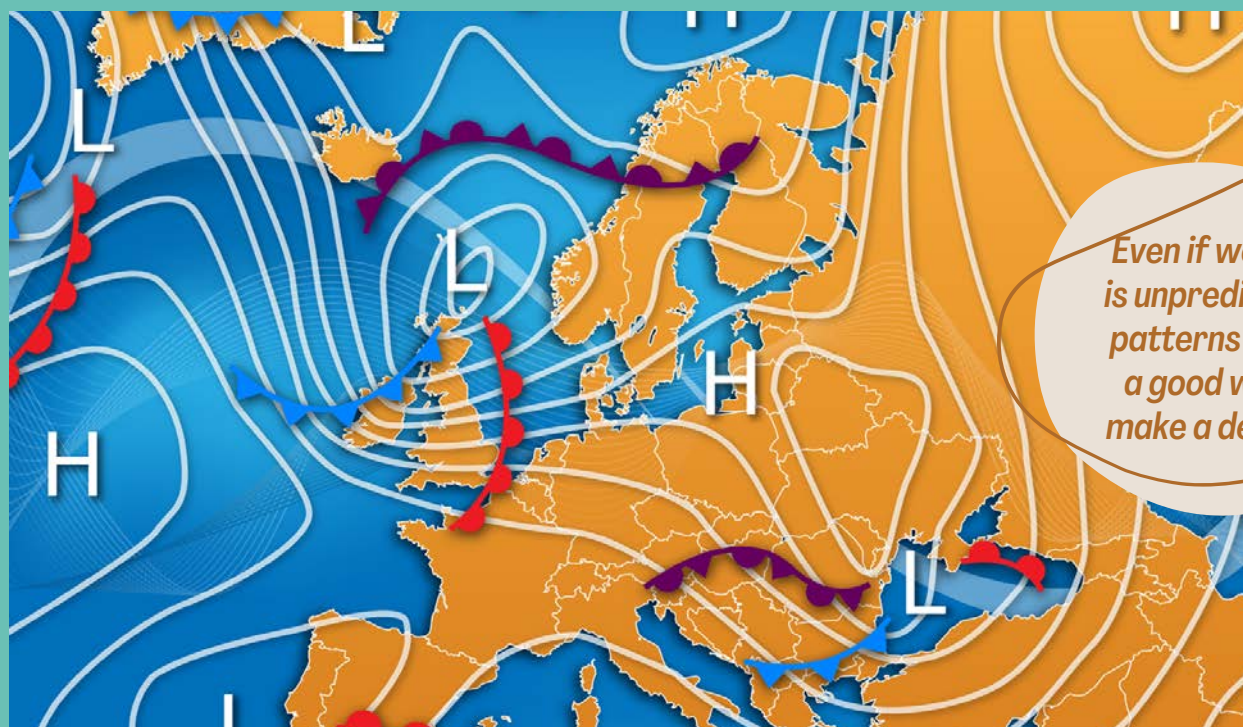
Write down countries that might be of interest on this side

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Heartbeat

Place a checkmark next to any country where you feel your heart come alive when you look at it

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Choose The Weather

Let the seasons be your guide.

Feel like chasing the sun? Do you prefer cooler weather? Want to avoid tropical storm season? Temperature, season, and rainy seasons can be an excellent way to choose where to go.



TRAVEL BY WEATHER

Use this worksheet to figure out which countries meet your requirements?

Country List

Which countries meet your criteria, as expressed to the right?

What season(s)/temperatures do you enjoy, and would you like to travel to?

What weather patterns or temperatures would you like to avoid?

Which months are you traveling?

Choose Activities

Sometimes travel is about taking a class or learning a new skill, or doing something you can only do in specific places. Here are some examples:

- scuba diving
- cooking class
- climb a glacier
- hike
- meditation or yoga retreat

The list is endless! But you can begin to see that if you think about something specific you want to do, it will narrow down the places to go. Use the guide on the next page to log your ideas if this method appeals to you!



My Activity List

On the left side, write down all the activities you'd like to try. On the right, match the activity to the countries you can find them.

Activities

List the activities you want to do and the classes or retreats you'd like to participate in.

[illegible]

Countries

Which countries have these activities/classes available?

This image shows a single sheet of bright yellow paper. It features ten horizontal dashed lines spaced evenly down the page, providing a guide for handwriting practice. The lines are black and consist of short dashes with small gaps between them. The background is a solid, vibrant yellow color.



Choose by Experience

What do you want to experience?

Whether it's about a "once-in-a-lifetime" safari, or being able to live in an apartment with a view of the Eiffel Tower, or climb Mount Kilimanjaro, or ride the Orient Express, if you have experiences you want to fulfill, this is another great way to figure out where to go.

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On the left side, write down all the experiences you'd like to have while traveling. On the right, match the experience to the countries you can find them. Some will have one country, others may have more than one. Circle the experiences and countries that sound most exciting!

Experiences

From once-in-a-lifetime, to experiencing a moment or a dream, write down your desired experiences below.

This image shows a full page of blank primary-ruled paper. It features ten sets of horizontal lines, each consisting of a solid top line, a dashed middle line, and a solid bottom line, providing a guide for letter height and placement. The paper is white and contains no other markings or text.

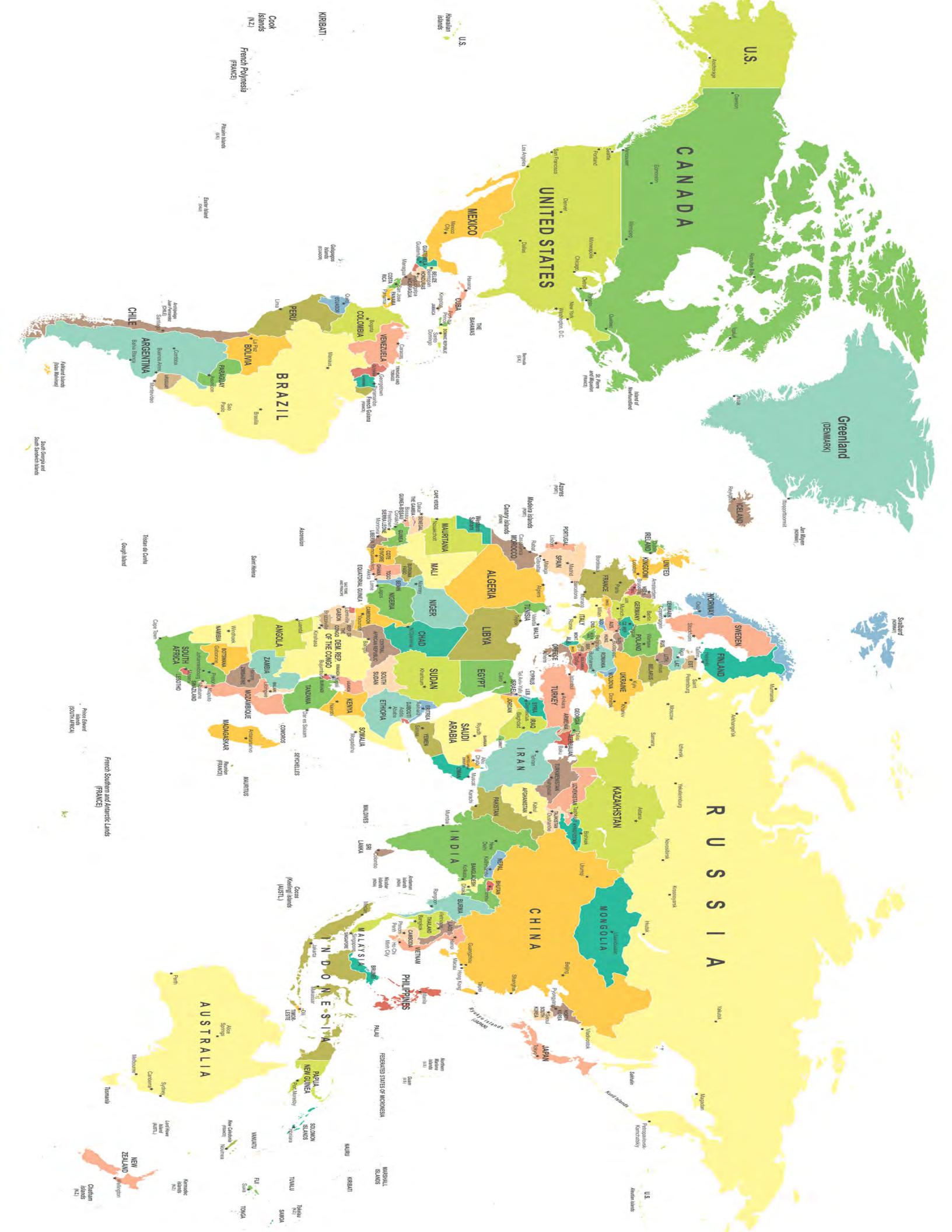
Countries

Which countries offer you the experiences you want?

This image shows a single sheet of bright yellow paper. It features ten evenly spaced horizontal dashed lines running across its width, providing a guide for handwriting practice. The lines are thin and black, contrasting clearly against the solid yellow background. There is no text or other markings on the page.

Let your eyes create the connection

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Choose Food

Food is a big part of travel. Even in your own country, there are regional specialties that you rarely find outside of that area, or, at least, not as good! I've never had a bagel as good as the ones in New York City!

Traveling abroad, there are so many different cuisines to try - noodle and rice dishes in Asia, spicy sauces in Thailand, vegetable blends in Mexico, haute cuisine in France...you get the idea!

Choosing the food you want to eat is an excellent way to choose where to go.



My Food List

On the left side, write down all the foods you'd like to try. Consider dishes (like coq au vin and asado) and individual foods (like gelato and oshinko.) On the right, match the food to the countries you can find them.

Foods

List each dish or food you'd like to try. Check off any food/country matches you like most!

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Countries

Which countries have these foods?



Choose Language

Communication can be your guide

There's no better way to learn a new language than to travel! If you're itching to pick up a new lingo, this can be a great way to choose a region, or country to go to, so you can immerse yourself in practicing it.

Language List

On the left side, write down any languages you'd like to learn. On the right side, match countries to those languages, and check off the ones that most excite you!

Languages

Write the languages you'd like to learn.

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Countries

Which countries allow you to speak and practice these languages?

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Ease Of Travel

Another layer to choosing where to go is how easy it is to travel. That's on two levels. First, how good are the roads, and how close are cities you'd like to visit?

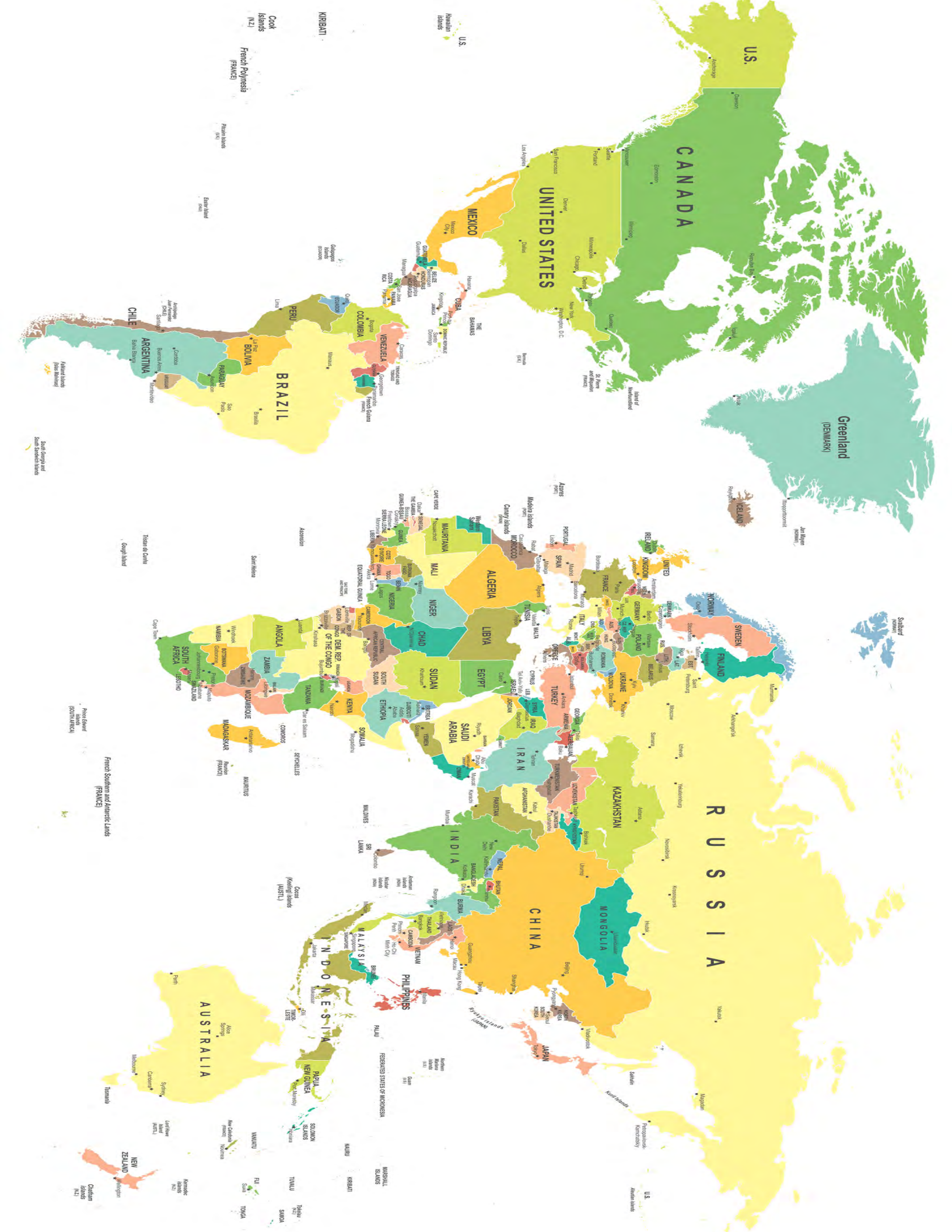
While flying is always an option, sometimes it's nicer to discover the landscape on the ground. For example, I traveled throughout South America by bus. Sometimes the rides were long, but it was inexpensive, and allowed me to see cities I'd otherwise have missed.

Even if you're flying, in some countries that can be complicated, or on prop flights.

I've had a great time landing in a city, and being able to go months without having to jump on a plane. So, focusing on a continent can be a fun way to choose where to go.

Use that map again and get an idea of the literal lay of the land. Then you can jot down the countries you can explore via ground transportation.







EASY TO TRAVEL LIST

On the left, write down what continent you want to go to. On the right, list some of the countries that are adjacent, that you could easily travel between.

Continent

Which continent sounds most exciting?

Countries

Do you like the idea of traveling through these countries?

Continent

Which continent sounds most exciting?

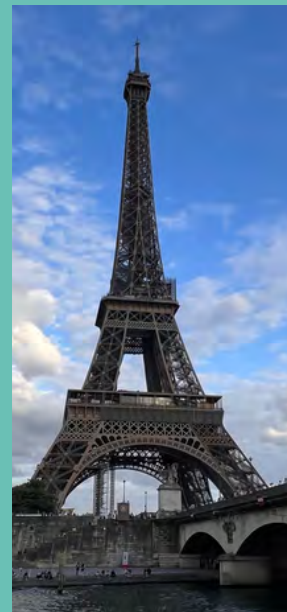
Countries

Do you like the idea of traveling through these countries?

Photos You Want To Take



You may have dreamed of taking photos of a site, a landscape, a specific location...so make a list of the places you want to photograph as a way to choose where to go!





PHOTOS + SITES

Use this page to jot down the photos you want to take, and any sites you want to see. On the right side, write down what country these photos or sites would bring you to.

Photos I want to take, and sites I want to see:

Country:

01

02

03

04

05

06

07

08

09

10

The order I'd like to see these sites:



Choose Friends & Family

*If you're lucky, you have friends and family
you want to visit*

Your travel plans could be designed around spending time with loved ones and making the time to see them, wherever they are in the world!

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FRIENDS + FAMILY

Use this page to think about who you'd like to visit, and whether you might be able to spend time with people you love around the world.

Friends and family I'd love to see during my travels:

Where they're located:

01	
02	
03	
04	
05	
06	
07	
08	
09	
10	

The places I most want to travel where I have friends or family:



Choose Cost

How much it costs to travel can be a great way to choose the right places

Whatever your budget, picking a place to go can come down to how much it costs.

COST ANALYSIS

Use this page to track costs for the countries you want to go. Print out extra copies so you have one per country. Write down the core costs for airfare, accommodation, and food in the spaces on the right.



COUNTRY: _____



AIRFARE: (specify checked bag and other fees)



FOOD: (specify whether grocery shopping or dining out)



LODGING: (specify whether hotel, hostel, or other)



**DO YOU HAVE HOTEL OR AIR POINTS
OR OTHER WAYS TO CUT THESE
COSTS?**

Choose Animals

Choosing where to go can be about animals you want to see, outside a zoo, in their natural habitat. From personal experience, it's amazing!!! Here are some of my animal photos from around the world.

Dusky Langur



Thailand

Rhinoceros



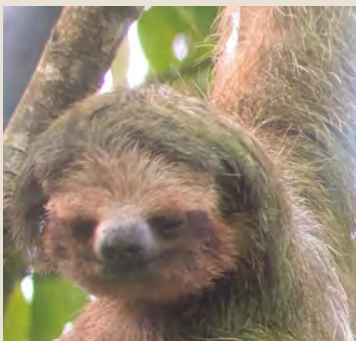
South Africa

South American Grey Fox



Southern Chile

Sloth



Costa Rica

Red eyed tree frog



Costa Rica

Magellanic penguins



Ushuaia, Argentina

Animals I Want To See

What animal photos would you like to have? Insert the animal's name into the photo frame, and type the countries you can see it below the frame.



COUNTRIES WHERE I CAN SEE IT:



COUNTRIES WHERE I CAN SEE IT:



COUNTRIES WHERE I CAN SEE IT:



COUNTRIES WHERE I CAN SEE IT:

YOUR NOTES



Choose Time Zone

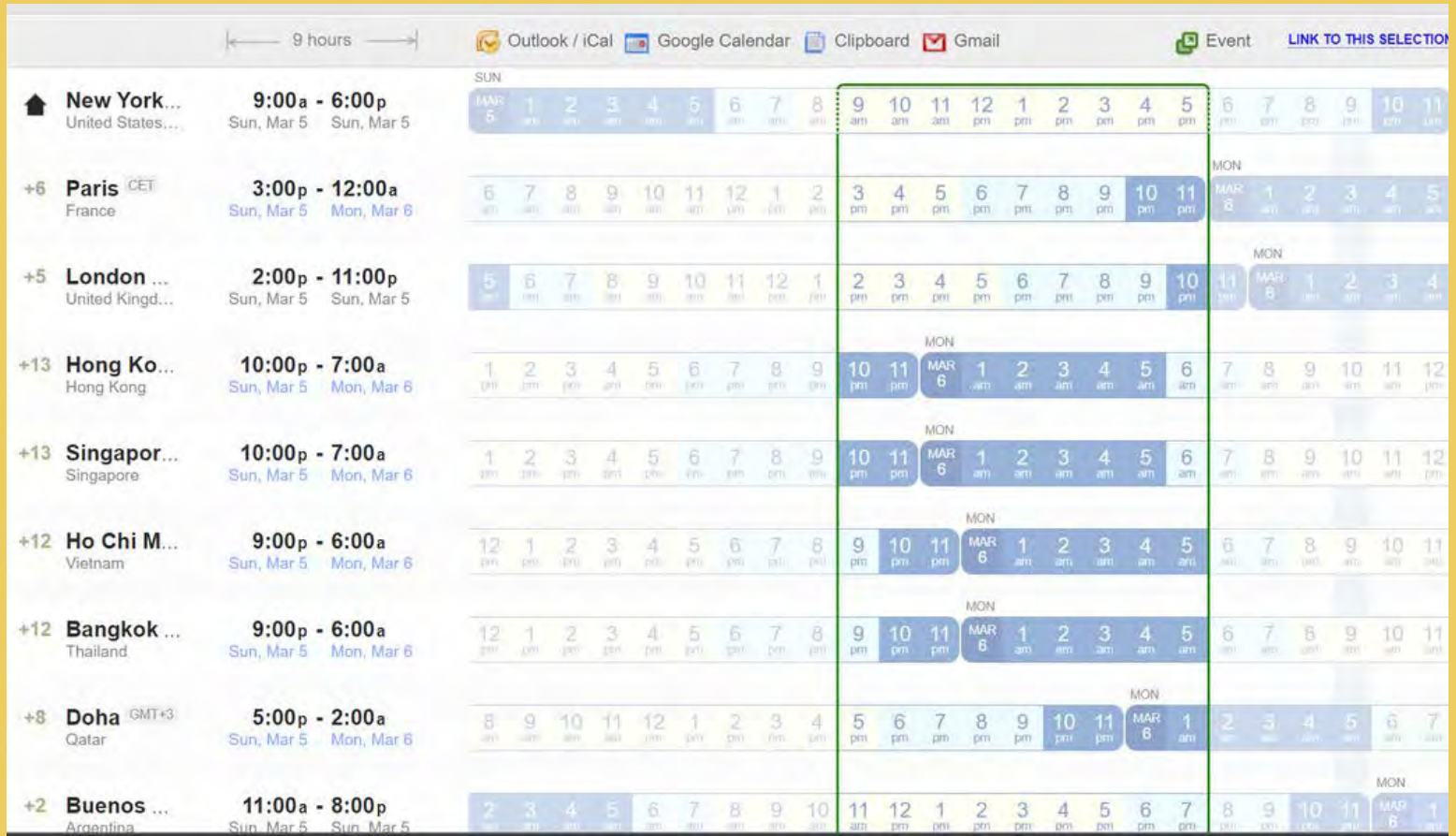
If you're planning to work remotely, this could be a significant way to choose where to work

If you have specific working hours and can't change them, then you'll want to choose destinations that offer working hours that you are ok with. If you can change your working hours, that could open up more locations. Either way, think about hours you want to see a new country vs hours you want to work. Do you prefer to do day tours and work in the evenings? Do you prefer a 9-5 setup and then use evenings and weekends to sightsee? All of these questions factor in to choosing where you'll go!

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Choose Time Zone

TimeBuddy is a great resource to figure out what time it is in your "home" country and in your "desitnation" countries.



If New York was your home time zone, and you want to move to any of the countries listed, you can see what your new working hours would be in this example. If not ideal, you'd want to see if you could negotiate your working hours.

Use this space to shortlist any places you feel would be a good fit for you to work remotely:



How To Eliminate Options

Another way to figure out where to go is to reduce the number of options you have to make it easier to choose.

If you feel overwhelmed by options, then, remove some of them! In this section, we'll explore ways to cross some places off your travel list.



By Language

Communication can be your guide...again

Maybe you have zero interest in learning a new language! For you, it might be a great idea to eliminate any countries where you know it might be tough to communicate with people in your native language.



LANGUAGE ELIMINATION

Use this page to jot down countries that speak your language, and check your favorites. You can also note down any countries you're eliminating due to language.

Language(s) I Speak:

Countries where I can speak these languages:

Favorites:

01

02

03

04

05

06

07

08

09

10

Countries I'm eliminating due to language:

Choose Safety

Whether or not you're traveling solo, feeling safe where you travel could be a core concern.

Be mindful that sometimes we confuse "places we know and feel comfortable" with feeling safe. Just because you've never been someplace doesn't make it unsafe.

Researching current events and politics could help you narrow down where to go. Dangerous weather or volcanic activity could make you reconsider travel. Standard hygiene practices and water availability could factor into your decision. Sometimes, choosing where to go is made easier by knowing places you don't want to go!





TRAVEL BY SAFETY

Use this page to jot down your thoughts on safety.

1

How do you define safety? What would have to be present for you to feel safe traveling someplace new?

2

What politics are you aware of that make you concerned going to specific places right now?

3

Are there any recent news stories or warnings that make you feel uncomfortable going to certain places?

Visit your government's website (<https://travel.state.gov> if you're American) - what countries have the highest warnings ?

By Vaccinations

I don't know many people who love getting vaccinated. If you're one of them, you might consider avoiding travel to countries that require vaccinations.

For example, parts of the world require a yellow fever vaccination to enter, and you might need to take anti-malaria pills.

If you don't want to travel someplace you need to be vaccinated, remove those countries from your list.

The CDC website is a great place to start educating yourself on vaccine requirements, and you could make an appointment at a travel clinic for more information.





VACCINATIONS

Go to the [CDC website](#) and learn whether you need any vaccinations for the countries you want to go. Use the space below to document what you find. Also consider medications you have to take with you, such as anti-malaria, and whether you want to take those medications.

Vaccinations required:

Country:

01

02

03

04

05

06

07

08

09

10

Vaccinations I don't want to get:

By Insects And Diseases



Mosquitos are one of the biggest pains in the butt you'll encounter traveling. They carry all sorts of disease threats such as malaria, yellow fever, and also cause really annoying and itchy bumps on your skin.

Some places have sand flies which are hugely annoying. Even Easter Island has giant cockroaches.

If you hate insects, and you want to avoid places with a risk of getting a disease, or, you want to avoid taking medications that prevent you from getting those diseases, this can be another way to eliminate places from your list.





INSECTS + DISEASES

Google things like "countries with risk of XXX" where XXX = malaria, yellow fever, etc. You can also look up "are there XXX" where XXX = spiders/snakes etc that you want to avoid, in the countries you're considering.

Insect / Disease :

Country:

01

02

03

04

05

06

07

08

09

10

Insects/Diseases I most want to avoid:



By Medical Care

Make your decision by facilities available

Depending on your age and medical conditions, it could be an issue if a country doesn't have an expat hospital, or one you know is reliable. And, if you require specific medications, you may need to limit your travel to countries which have it readily available.

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Medical Facilities

Use this page to keep track of which countries do and don't have the medical care you want. Try Googling "expat medical care in XXX" where XXX = country you're going to.

Countries

List the countries you're considering below.

[illegible]

Facilities

Write what you find about medical care below. Cross out countries you rule out, due to your research.

[illegible]

By Altitude

Some of the most beautiful places in the world are in some of the highest altitudes. If you suffer from altitude sickness (nausea, bad headaches, etc.) when you travel up that high, this may be another way for you to rule out specific destinations.

There are medications - both Western and herbal - that can help you battle it, but then you're dealing with either potential side effects, or a slower path to feeling better.

If none of this sounds like something you want to take on, here's another way you can eliminate specific countries.



By Distance

Sometimes you just don't want to travel too far to get to your destination! Consider duration of travel as one way to eliminate countries from your list.

On the following page, write down the city you're starting from, and then research flight/bus/drive times to the places you want to go. You can use any air travel site to look up flying times (as well as whether there are stops and layovers, making it a longer travel day).

Note - you could also consider breaking up a longer trip by staying for a while in the stopover city, and traveling onwards at a later time. One of the many benefits of traveling full time!



DISTANCE ELIMINATION

Use this page to research those travel times. Cross out any country and travel time you feel is too long.



City I'm Traveling From:

Country/city I'm traveling to:

Duration:

01

02

03

04

05

06

07

08

09

10

Countries I'm eliminating due to distance:



By Tourist Season

Make your decision by avoiding crowds

As full time travelers, we have the luxury of choosing destinations during off-peak season. Europe, for example, is overcrowded during the summer months, but calms down afterwards. So, you could consider deciding where to go based on whether or not it's peak tourist season.

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Tourist Season

Use this page to keep a list of peak tourist season periods for the countries you want to visit.

Countries

List the countries you' want to go to.

[illegible]

Peak Times

List the most crowded months below, and avoid going during this period!

This image shows a single sheet of bright yellow paper. It features ten horizontal dashed lines spaced evenly down the page, providing a guide for handwriting practice. The lines are black and consist of short dashes with small gaps between them. The background is a solid, vibrant yellow color.

Summary

Here's a handy reference guide in case you want to remember the different strategies all in one place, and then go back to the sections that you prefer. You could of course use some of the shortlist methods as elimination methods.

Use this guide in the way it works best for you!

SHORTLIST PLACES



Follow your heart

Choose by weather

Choose by time zone



Choose by activities

Choose by experiences

Choose by food



Choose by map

Choose by ease of travel

Choose by cost



Choose by language

Choose by people + photos

Choose by animals



Eliminate by language

Eliminate by safety



Eliminate by distance

Eliminate by high altitude



Eliminate by vaccinations

Eliminate by insects + diseases



Eliminate by medical care

Eliminate by tourist season

My Top 10 Countries Based On This Guide:



Are you ready to take the plunge into full time travel?

After reading this guide, you might just be ready to take more focused action on getting ready to travel full time. Choosing where to go is only one of many opportunities you'll need to prepare for. Why not book a private session with Heather and get going?!

Heather Markel

**BOOK YOUR FULL TIME
TRAVEL PLANNING SESSION**