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Companion **WorkBook**

***HOW TO EMBRACE YOURSELF
THROUGH FULL TIME TRAVEL***

FULL-TIME TRAVEL LESSONS



What are five of the core lessons that full-time travel can teach you?

1

2

3

4

5

FULL TIME TRAVEL LESSON 1



THE FIRST LESSON IS: _____

1

describe an area of your life that you're not happy with: (mention the person or situation.)

2

How do you show up the same in this situation - what behaviors do you tolerate, what actions do you repeat each day...?

3

Do you want to change this situation, or do you want to keep it the same? In the space below, write, "I CHOOSE" and then write your choice:

4

If you want to change the situation, what's one small action you'll commit to do in the next week towards that desired change?

FULL TIME TRAVEL

LESSON 2



THE SECOND LESSON IS: _____

1

Describe a situation in your life where you are trying to control the destination/outcome:

2

What choices open up if you let go of trying to control how the situation ends up?

3

How does it feel, knowing you have those other choices?

FULL TIME TRAVEL

LESSON 3



THE THIRD LESSON IS: _____

1

Is there a person in your life who you feel takes advantage of you repeatedly?
Or, someone who is hurting your feelings on a regular basis?

2

What are the reasons you don't confront them?

3

Look at your answers above. Do any of those describe how this person makes
you feel?

4

If it's not ok for you to cause them pain, why do you feel it's ok for them to
cause you the very pain you don't want to inflict on them?

5

What's one, small, comfortable step you could take towards recreating this
relationship so you feel treated better?

FULL TIME TRAVEL LESSON 4



THE FOURTH LESSON IS: _____

1

*What day(s) and time(s) will you make
YOURS each week?*

3

*What did you observe or experience
when you took this time for
yourself?*

2

*What activity/ies will you focus on
during your YOU time?*

NOTES

FULL TIME TRAVEL LESSON 5



THE FIFTH LESSON IS: _____

***What do you feel
in your body when
you're afraid?***

***How do you
sense intuition?***

Is it about you, or someone else?

WHAT IF YOU COULD TRAVEL FULL TIME?

IDEAS TO GET STARTED



Which of the mindset areas do you want to explore?

MINDSET

MONEY

Using the simple formula from the presentation, how much money could you spend, right now, if you took off tomorrow on a full time travel adventure?

What did you find in your research, using the suggested topics in the presentation?

MASTERY



Would you like to take the plunge into full time travel?

You might be ready to take more focused action on getting ready to travel full time. Let's chat and make it happen! *(If you're seeing the printed version, just head to www.FullTimeTravelChat.com!)*

Heather Markel

**BOOK YOUR FULL TIME
TRAVEL PLANNING SESSION**

