



YOUR TRAVEL EXPERIENCE

WORKBOOK

Figuring out the ideal budget and experiences for your travels

HEATHER MARKEL



Your Travel *STYLE*

Use this page to explore your *DESIRED* travel style, vs the style you'd be ok traveling in. Make any notes about any deal-breakers, or must-haves, as applicable

Transportation - planes, trains, buses, cars

I prefer:

Class of service preferences

I'm willing to:

Accommodation

I prefer:

I'm willing to:

Your own room? Your own bathroom? hotel? apartment? Center of town? Outside of town? Near a supermarket?...

Food (dining out, cooking, ordering in...)

I prefer:

I'm willing to:

Entertainment/Tours (luxury? budget?)

I prefer:

I'm willing to:

TRAVEL FOR TRANSFORMATION

You want a holistic experience, full of self-growth opportunities where you make personal discoveries.



01 What are holistic experiences you'd like to discover while traveling?

02 What types of experiences do you think would allow you self-growth opportunities?

03 What types of activities might allow you to have the experiences you want?



FINDING BALANCE

Use this page to think about balance as it relates to relationships, and your life

What does UNbalance feel like?

How do you know you're out of balance? What does it FEEL like, and what thoughts do you notice? Anything else that goes along with the experience?

When do you experience UNbalance?

Describe what leads up to feeling unbalanced? What is your role in creating it? What role do others play in creating it?

What activities represent solitude for you?

When you're in balance, and have solitude, what activities are most important?