



A Soulful Start: Travel With Intention

What made you choose this trip or destination?

Is there something in your life you're hoping this trip will shift,
heal, or refresh?

Are you escaping, seeking, celebrating, or reconnecting?

Think about the deeper reasons that drew you to this destination. What aspects of its culture,
history, or natural beauty are calling to you?

Consider if there's a part of yourself you're hoping to find, a connection you wish to strengthen, or an experience you're eager to embrace. Reflect on whether this journey is about escaping the routine, fueling a desire for adventure, or perhaps celebrating a personal milestone. Are you hoping to reconnect with a part of yourself or with others, to discover new perspectives, or to simply find peace? Let these reflections guide your intentions and shape the journey you're about to embark on.

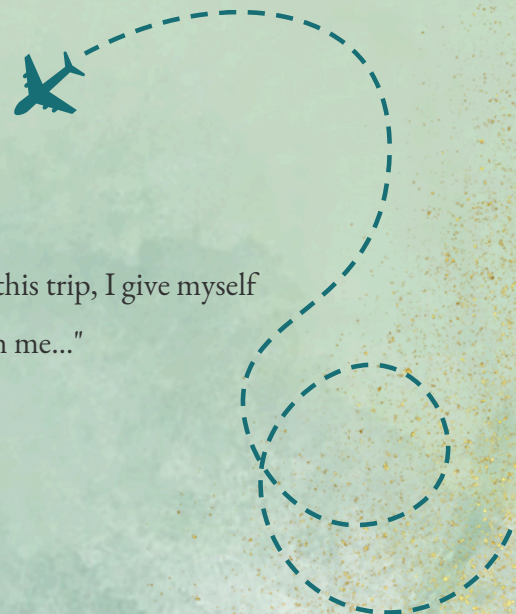
How Do You Want to Feel?

List three words that describe how you want to feel during your trip. (e.g., Free, Inspired, At ease)

List three words you hope to feel after the trip. (e.g., Fulfilled, Energized, Connected)

What's Your Intention?

Write a one-sentence intention for your trip. Try beginning with: - "On this trip, I give myself permission to..." - "I hope to return with..." - "I want this journey to teach me..."





Visualise Your Moments

What does your ideal moment on this trip look like?

Perhaps it involves standing at the edge of a breathtaking vista, where the sun dips below the horizon, painting the sky in hues of pink and orange, while you feel a deep sense of peace and wonder. Or maybe it's a quiet morning in a quaint café, savoring a warm cup of coffee as you watch the world wake up around you, feeling perfectly content in the stillness. Close your eyes, calm your breath and imagine yourself already there. How does it feel?

Now, think about one thing you don't want to miss.

Is it a historic landmark that tells the rich stories of the past, or an off-the-beaten-path adventure that promises unexpected discoveries? Maybe it's a meaningful conversation with a local, offering you insights into a different way of life, or simply a moment of solitude in nature, where you can reconnect with yourself and the world around you. Whatever it is, let this experience be a cornerstone of your journey.



Gentle Travel Prompts

"I choose presence over pressure." - "I allow beauty to reach me." - "I let go of how it should be and welcome how it is."

Optional Prompts: -

On the plane/train/car, I'll take a moment to reflect on...

At least once during this trip, I want to pause and...

After the Journey

Reflect on the three questions below to capture the essence of your journey. Perhaps you were surprised by the kindness of strangers, the unexpected beauty of a hidden path, or the joy found in simple moments.

As you prepare to return home, consider the experiences and lessons you'll carry with you—be it a newfound perspective, a cherished memory, or an inspiration for change.

Summarize the transformation within you using three words that encapsulate your current state of mind. This reflection will enrich your travel experience, leaving a lasting imprint on your heart and soul.

What surprised you?

What will you carry home with you?

In three words: How do you feel now?



May this little guide help you travel not just far, but deep.

We hope your journey is full of meaning, wonder, and beauty. Come visit us again at VoyVIP.com — we'd love to inspire your next adventure.