



# Dream Life + Slow Travel Planner



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## Journal Prompts to Define Your Dream Life

### Journal Prompts:

- When do I feel most free and alive?
- What does a slow, beautiful day look like for me, start to finish?
- Where in the world feels like “home” (even if I haven’t been there yet)?
- How do I want to feel in my daily life, emotionally, physically, spiritually?
- What kind of work supports this lifestyle without draining me?
- How do I want to spend my mornings, my weekends, and my money?
- What parts of my current life do I want to bring with me into my dream life?
- What parts am I ready to leave behind?



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## Space to Sketch Your Travel Rhythm

### Questions to Guide Your Travel Flow:

- How often do I want to travel? (monthly, seasonally, or once a year)
- How long do I want to stay in each place?
- What kind of destinations feed me: cities, small towns, coastlines, forests?
- Would I rather move often or settle in for 2–3 months at a time?
- What mix of adventure and rest feels nourishing to me?



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## Design Your Rhythm:

Month/Season\_\_\_\_\_

Dream \_\_\_\_\_

Destination\_\_\_\_\_

Ideal Length of Stay\_\_\_\_\_

Purpose (explore, rest, connect)\_\_\_\_\_

Notes \_\_\_\_\_

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## Monthly Lifestyle Alignment Checklist

**Each month, ask yourself:**

- ☐ Did I give myself time to slow down this month?
- ☐ Did I go somewhere new... even locally?
- ☐ Did I move my body in a way that felt good?
- ☐ Did I romanticize something simple?
- ☐ Did I say no to something just to protect my peace?
- ☐ Did I experience beauty on purpose... not just by accident?
- ☐ Did I take one small step toward my dream life?
- ☐ Did I connect with someone (even briefly) while out in the world?



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## Quotes + Mantras for Travel-Inspired Living

### Mantras to Ground and Inspire:

- “I don’t have to rush to be free.”
- “Beauty is enough of a reason to pause.”
- “I’m not behind. I’m building on purpose.”
- “Wandering is not wasting.”
- “Small steps count when they’re mine.”

### Quotes:

“Travel isn’t always about distance. Sometimes it’s about depth.”

— Tiffany, Lazy Girl Travel

“Don’t ask what the world needs. Ask what makes you come alive, and go do that.”

— Howard Thurman

“A change of place and pace will change your perspective.”

— Kristin Armstrong