

7-DAY WORKSHOP GUIDE FOR MODULE 1

DAY 1

INTRODUCTION & REFLECTION

- Read the Workshop Overview and Module 1 Overview to review the objectives.
- Journal Prompt: Write about your expectations for the module and what you hope to gain from it.
- Reflect on your past travel experiences and how they have impacted your personal growth.

UNDERSTAND THE POWER OF TRAVEL

- Do Module 1 - Part 1 and take notes on the key concepts and ideas presented.
- Complete Part 1 Quiz and Practice Exercise 1.
- Identify aspects of your personality or skill set that you would like to develop to enhance your adaptability and resilience.
- Seek options that allow you to cultivate those qualities.

DAY 2

SELF-DISCOVERY AND TRAVEL

- Review the strategies to maximize the positive impact of travel
- Create a self-care plan for your travels, including activities to prioritize your physical, emotional, and mental health.
- Explore mindfulness practices that you can incorporate into your travel routine, such as meditation or mindful eating.
- Journal Prompt: Write about how you plan to integrate self-care and mindfulness into your upcoming travel experiences.

DAY 3

EXPLORING THE BENEFITS OF TRAVEL

- Do Module 1 - Part 2 on the benefits of travel for personal growth and reinvention and take notes on the 12 benefits.
- Complete Part 2 Quiz and Practice Exercise 2.
- Reflect on how these benefits resonate with your own aspirations for personal growth.
- Identify one or two benefits that you would like to focus on during your future travels.

DAY 4

RESEARCH AND PLAN A FUTURE TRIP

- Research a destination that you have always wanted to visit.
- Create a travel itinerary for that destination, including activities that align with the benefits of travel discussed in Module 1.
- Consider how this trip can contribute to your personal growth and self-discovery.
- Reflect on the potential challenges and opportunities for growth that you might encounter during this trip.

DAY 5

SEEK SUPPORT AND GUIDANCE

- Reach out to friends, or travelers from social media who have experience in the destination you researched.
- Ask for recommendations on local experiences, cultural immersion, and self-reflection activities.
- Incorporate their insights into your travel plan and reflect on how their guidance can enhance your journey.

DAY 6

RECAP AND NEXT STEPS

- Review the key concepts and lessons learned from Module 1.
- Reflect on how your perspective on travel and self-discovery has evolved throughout the module.
- Journal Prompt: (i) Write a reflection on your overall experience with Module 1 and how you plan to apply the knowledge and insights gained in future travel experiences. (ii) Identify one actionable step you can take immediately to continue your journey of self-discovery and reinvention through travel.

DAY 7