

8 Steps TO TRAVEL TRANSFORMATION

CREATE A TRAVEL FOR FREE LIFESTYLE



- Europe
- Russia
- Canada
- United States
- China
- Thailand
- Australia



*I was blessed to celebrate my birthday this year in the South of France.
#bestbirthdayever*

WHAT YOU'LL LEARN

1. What is BOLCC Travel?
2. How to create a “Travel for Free Lifestyle” (and with links to freebies!)
3. 8 proven steps to Travel Transformation
4. Travel Resources to help you save money when you travel

WANT MORE?

Learn more free tips and strategies on how to travel for free or for less by “Creating a Travel for Free Lifestyle” Click on the link below to Enroll in our Travel Class. Look out for new travel promotions and our free prizes on www.bolcctravel.com They are worth hundreds of dollars.

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ABOUT THE AUTHORS



Hi Friends!

We're Barron and Katrina Damon, affectionately known as BK Damon founders of Business of Life Coaching and Consulting (BOLCC). BOLCC provides expertise in a number of rich and diverse fields, including travel. BOLCC Travel specializes in travel education. We train and coach our clients and students on how to "Create a Travel for Free Lifestyle" by helping you discover your travel WHY while looking at your Interest, Activities, Money and Behaviors (IAMB). Critical consideration of IAMB will not only assist in developing a travel plan, but also help you travel for less or free.

We're thrilled you took the time to download *8 Steps to Travel Transformation* and can assure you that the advice given here has been tested by yours truly. If you have any questions, please email us at barron@bolcctravel.com. We will gladly respond.

Sincerely,
Barron & Katrina

Chapter



What is BOLCC
Travel?



After some shopping and sightseeing in Florence, Italy our family took in some views from the famous arch bridge, Ponte Vecchio in the beautiful City.

Travel is one of the most frequently searched topics on the internet. So many people are interested in all facets of travel, but traveling can be overwhelming to say the least. It seems simple enough. You pick a place you want to visit and figure out how to get there. Fortunately, for us we have a vast amount of information on the internet to help navigate our travel plans. How do we get started? What are the most important things to know when beginning your travel? Part of the fun of traveling, is discovery. However, research and careful planning can help you avoid unpleasant, costly or potentially harmful situations. What better way to become aware of traveling pitfalls, then to learn from experiences of others.

As I started my personal travel journey, I had many questions. Questions specifically around saving money when traveling, or even traveling free. We have invested countless hours researching, learning, and creating our own travel business, and by reading our personal journey, you may develop a deeper understanding of the purpose and creation of BOLCC Travel

A few years ago, I heard a well-known speaker and businessman talk about how he traveled all over the country and didn't pay for hardly any of his travel. Of course, I was intrigued, just like you may be right now. After the presentation, I purchased a collection of CD's and listened to some great tips around finances and life lessons, but I was disappointed. I spent almost \$300 dollars and hardly learned anything about HOW I could travel for free. I did use one tip learned from my extensive research, but the CD collection stayed in my car's trunk for years. A few years later, I had a conversation with someone who traveled extensively, and inquired as to her method of

saving money for travel. I was trying not to seem desperate for information, but I really wanted to know her financial plan for traveling all over the world. I discovered that while working as a marketing executive, she saved each of her paychecks for 10 years, and utilized her husband's income to finance their needs. I immediately thought to myself, well that explains it.

What she told me next surprised me. "We don't use our savings for travel, we prefer to use points to travel." She referred to this technique as credit card bombing. "What's that?" I asked. Credit card bombing is when you use a multiple credit cards just for the points, but don't use them anymore afterwards. My mind was spinning. How could that be? Why would anyone do that? That has to be hard on your credit score.... at the end of our conversation, I had more questions than I had answers. In that moment, my journey began. I spent almost three years, researching money saving techniques and travel free possibilities. I cannot tell you the number of travel articles, I read almost daily. Guess what? I continue to research travel information and opportunities, to remain informed about the best ways to save me money, and now to save you money as well. After sharing travel information with my family and friends, I knew it could work not just for me but also for others.

As I was preparing to start teaching this class for a local school district Life Long Learning Program, my sister asked me did I think someone would pay for this level of information. I said to her if people think the information will help them save money they will take the class. Almost a year later, people are still taking the class. Now, it's time to take the class online. People who have taken the class ask me, "When are you going to put this course online?" I am learning to listen to my students and my customers. I am motivated to teach others for a few simple reasons:

1. Travel is important for a number of reasons. For many people it can be life changing. For me, each time I travel, it is an opportunity for me to grow as a person, a professional, a husband and a father. Those things I take seriously. 2. Sometimes, reading is just not enough. You need someone to guide your implementation. There is an incredible amount of information concerning travel, just at your fingertips. You can find out anything you want about travel from the Points Guy, to Nerdwallet or the Airfare Watchdog. However, gathering information does not translate into maximizing it to save you money. After viewing some informative videos, from one of the aforementioned major travel companies, and scrolled down to the bottom of their page. There, I noticed approximately one hundred or more comments from consumers, 80 percent of the responses were questions. Following the presentation of valuable information, people still had questions about application... 'what are the next steps?' I realized there were many individuals, like me, who simply did not know how to organize and apply the information received. Simply put, it is really information overload. How do you filter out all of the stuff that you don't need to know when you are first starting out?

I decided that I would help you filter out some of that information and teach you what you needed to know to be successful at saving money when you travel. I am not a travel expert but I know enough to teach you how to Create a Travel for Free Lifestyle. That's what my wife and I and our children have been doing for four years now. We have been to several countries and numerous cities across the country. This year, we are headed to Israel, Spain, Italy and France. 3. Lastly, we believe that L.I.F.E. is about Living In Freedom Everyday™. Over the years, my team and I have trained thousands of people on a variety of topics that are important to us. That's the key. Traveling is important to us, which makes it a priority for us. A couple of years ago we went to the Mayan Ruins in Costa Maya and my son said dad we are talking about this in history right now at school. The look on his face was priceless. In that moment, he made a connection with his education. Now for him, it seems real and not just text book education.

My daughter told me that being able to talk about her trip to Europe as a new freshman in college last year gave her more confidence because she could relate to people on different levels. She looked at me and said, "Dad I didn't know that traveling would have such a positive impact on me." As her father, all I could do was just smile and say thank you God for her experiences. Last year, I surprised my wife of 20 years with a vow renewal. I planned every detail of it from the dress she wore to the shoes and jewelry she was wearing at the so called 'photo shoot' we were going to have the day of the vowel renewal. As long as we both shall live, we will never forget that moment. It's forever etched in our minds.

When she saw the minister standing there at a beautiful course in the middle of a rain forest in Hawaii, the look on her face was priceless when she realized what was going on. You can see some of the pictures on the website of this very special day for both of us. This unique experience was all about traveling. It only cost us about \$1000 for that unforgettable trip to Hawaii. That's easily a \$5K+ trip. I can teach you those strategies we used to go on a trip like that for a fraction of the cost. We often reminisce about all of the trips we take together or as a family. We will pull out pictures and share the special moments we had together during that trip. It doesn't matter if it was out of the country or two hours away. Traveling with the ones you love makes it special. We like to call it Living In Freedom Everyday™.

Because of our personal journey we wanted to create BOLCC Travel to help us save money when we travel but we also wanted to teach others what we have learned over the past four years to help them save money when they travel. For a year I taught this travel class to several students in person. It was so cool to see their eyes light up as they learned new tips and strategies that they did not know before taking our class. During that time, I was approached by a friend who suggested that I place the class online since the content was good and could potentially be very beneficial to travelers.

She also mentioned that I could make a lot more money online, rather than conducting a class in person. That was true but I have never been driven by the almighty dollar. Matter of fact I have spent most of my professional career at a non-profit organization helping young people and their families through one to one mentoring relationships. I have been a personal trainer and now a professional certified coach. Perhaps you figured out by now that we are driven by educating others so they can become the best version of themselves.

BOLCC Travel is just that. We specialize in travel education. We train and coach our clients and students on how to "Create a Travel for Free Lifestyle" by helping them discover their travel WHY while looking at their Interest, Activities, Money and Behaviors (IAMB) so they can travel for free or for less.

I hope you have a better understanding of what is BOLCC Travel and how we can help you reach your travel goals. Our online class is designed for travel beginner's, people who already travel but want to learn how to travel for free or save money when they travel and also for expert travelers who are always looking for new tips and strategies because the travel industry is so fluid and changes every day. Our mission is simple. We want to help you save money while we teach you how to create a travel for free lifestyle and memories for a life time with your families and friends. Hopefully the Travel Transformation is already in motion.



Chapter

2

Creating a Travel for Free Lifestyle



*A boat ride across the Sea of Galilee in Israel
was not only memorable but also surreal.
Experiencing this amazing trip with my wife was
very special to both of us.*

The first thing people ask me when we tell them about BOLCC Travel is what does Create a Travel for Free Lifestyle mean? That is a great question. To some it may seem vague or mysterious. Some people even may think we are a Network Marketing travel company. NOT! When we first started creating the concept we didn't want our travel information to be about travel hacking which you see all over the internet. Everyone wants to teach you how to accumulate a bunch of points to take a major trip but do not share much information about the process or the impact of your new found travel hacking skills. We definitely teach some travel hacking strategies but it's not our focus at all. We wanted people to create a lifestyle around traveling and not just take a big trip.

We started researching and tried to create some language around what we want to articulate. The first thing we did was go to the dictionary and define the meaning of the word lifestyle to see if it fitted into our vision for what we wanted BOLCC Travel to become now and for years to come. Lifestyle is defined as a way in which people live. A lifestyle involves your interest, activities, allocation of your money and your behaviors or patterns. There it was plain as day. That's what we wanted to do. We wanted to teach people how they could incorporate travel into their current lifestyle. We didn't want people to have to drastically change anything but just incorporate travel into their lives using our strategies and tips to save money when they traveled.

As stated in the previous chapter we specialize in travel education. We train and coach our clients and students on how to "Create a Travel for Free Lifestyle" by helping them discover their travel WHY while looking at their Interest, Activities, Money and Behaviors (IAMB) so they can travel for free or for less. We want to empower all of our

clients and students to create the lifestyle that suits them as individuals or within the context of your own family.

Part of our education process is helping you discover your travel why because sometimes people really may not know why they want to travel. Knowing why you want to travel is the first step in creating a travel for free lifestyle. Having a lifestyle is around sustainability. We created our own process to help people who need additional support. Some people already know their travel why and we can help them move on to creating that travel for free lifestyle. Let's take a look at why people travel according to US Travel Association "State of American Travel" report.

Why You Travel

To See My Child Excited About the Experience	85%
To Relax/Reduce Stress	82%
To Make Memories	81%
For Fun, Excitement, and Adventure	78%
To See or Do Something New	73%
To See More of the World	72%
To Strengthen Your Relationship with a Significant Other	66%
To Strengthen Bonds with Family and Friends	65%
To Improve Your Outlook on Life	60%
To Learn Something New About a Place, Culture, or History	55%
To Continue a Family Tradition	40%
To Cross Off an Item on Your Bucket List	35%

Does your Travel Why fall into any of those categories. If it does you have just discovered your travel why. Congratulations, let's move onto to the second stage of helping you create your travel for free lifestyle. Let's take a closer look at the (IAMB) travel model we created: Each trip may be different. For example, on one trip your interest may be a Unique and Authentic Experience in which you would use that as a guide for that trip. However; your interest may change for your next vacation.

What are your Interest?

Culture and History	Animals
Shopping	Entertainment
Local Neighborhoods	Local Markets
Architecture	Art
Discovering Nature	Food and Healthy Restaurants
Off The Beaten Path/Traveling Deeper	
Unique and Authentic Experiences	

What Activities would you like to participate in when you are on vacation or traveling? Now that your destination is confirmed based on your interest in having a Unique and Authentic Experience perhaps your Activity will be hiking a famous mountain in the area if you have never hiked in the past.

Beaches and water sports

Festivals and Events

Going to Art Museums

Sightseeing

Hiking the mountains

Going to the Parks (National, state and local parks.

Attend sporting events or participate in a sporting event like golf, tennis, or a tournament.

Attend shows and events (theater)

Zoos or wildlife preserves and safari's

Music Festivals

Attend an educational event

Shopping - going to outlets, flea markets, malls

Show me the Money – Now that you have your destination, you know what you're going to do on your vacation you can start accessing your cost and establishing your budget. Find a hotel or resort close to the mountain you are planning to hike.

How much will you save for your trip?

What's your Budget for travel?

Beyond the Big 3 (Transportation, Lodging and Food

What form of money will you use?

Cash, credit cards, Debit cards

Money conversion (exchange rates)

Foreign transaction fees

Tipping

What are your Behaviors or Habits around traveling if you have them already? If not what would you like for them to be? Now that you have established a budget let's determine your mode of transportation and travel. Will your trips be summer vacation with the children, a getaway with your significant other or a combination of the two?

Modes of travel - planes, cars, trains

Considering Age when talking about behaviors

How often will you travel - multiple times a year or once a year?

Who will travel with you - family and friends, co-workers?

This is not an exhaustive list by no means but it does represent a nice sample of examples to start thinking about how you want to start creating your travel lifestyle.

These 20 questions from thetravel.com website will also assist you as you start to plan your next vacation.

1. What do I do if I lose my passport?
2. How will I approach saving for my trip?
3. How will I approach currency conversion?
4. What will be my before travel and after travel routines?
5. How important is purchasing insurance for my trip?
6. How are my fellow travelers going to react and respond during our trip?
7. When is the best time to travel?
8. Will the destination suit my food habits?
9. Do I want to step away from technology?
10. Do I care where I'm going or just select a random place to go?
11. Should I travel local this year or overseas?
12. What kind of trip do I want to take? Relaxing, educational, adventure, or cultural?
13. Who will I be traveling with?
14. How am I going to get from point A to point B?
15. What is the length of my trip?
16. How much am I willing to spend?
17. Am I looking for a quality vacation or a quantity vacation?
18. Where am I going to stay?
19. What if people around me don't speak English? Will it matter?
20. Which of my activities will take priority?

Creating a Travel for Free Lifestyle doesn't necessarily take a lot of work but it does require you to have some discipline and be consistent in your approach to traveling. For some people it takes years to create the type of lifestyle they want but for others it will not take long at all because they will put the time and effort into creating what they want. Wherever you fall in that spectrum BOLCC Travel can help you. Now let's take a look at our 8 proven steps to Travel Transformation. If you take the travel portion out of what we presented in this ebook, you could also apply these eight steps to any area of your life and begin to see a positive change that can transform own life.

Chapter

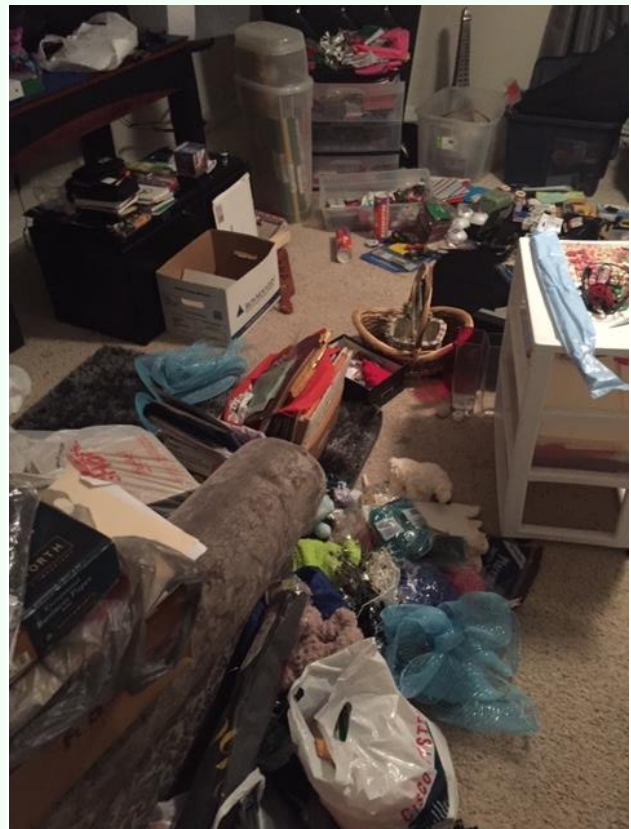


8 Proven Steps
to Travel
Transformation



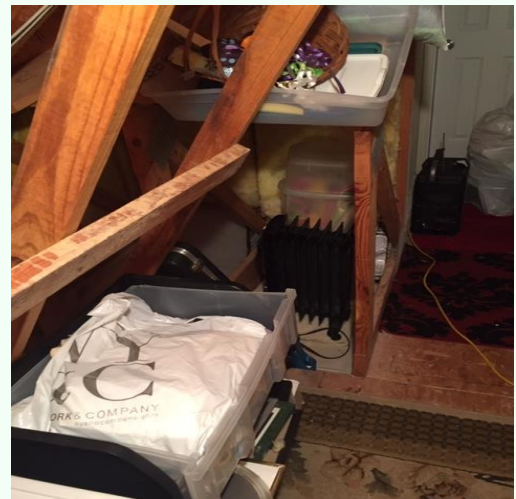
I surprised my wife with a vow renewal after 20 years of marriage in Hawaii. Our quaint, special, and memorable ceremony was at the Royal Hawaiian Golf Club which is located in a lush tropical jungle.

In January my wife went away on a business trip and I decided that I would surprise her by organizing our very messy and dysfunctional walk in attic. The years had taken its toll on once a promising space. It eventually became the dumping ground for everything that we wanted to put away from the public. When I walked in the space I couldn't even see how it could be organized. I needed some reinforcements so I hired a professional organizer to help me. Unfortunately, I could not let her see the depth of our accumulated mess from the past few years. So naturally, I had to clean it up before she arrived. This task "only" took me twelve hours to complete. What I didn't realize was how much work it would actually take to clean and organize the space.

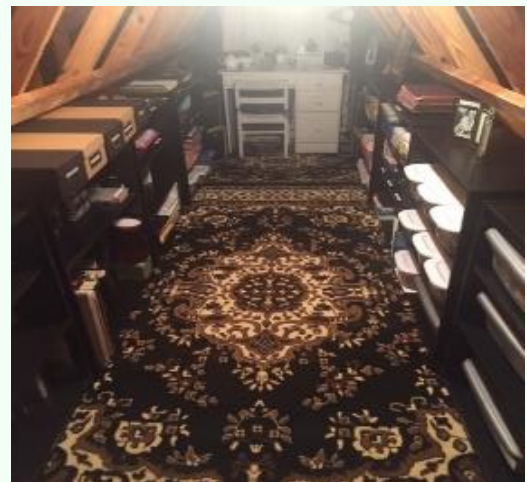


With Rebecca's help the space was not only cleaned and organized it was completely transformed. The walk in attic became a beautiful office and craft space for my wife. During the next two and a half weeks, I dedicated over 50 hours to making the space organized and functional during her time away from home. For almost three years, my wife desired a resolution to the space's chaos; so you can only imagine her reaction when she viewed the space for the first, second, and tenth time. She absolutely could not believe it! A few tears of joy were shed. Since then, she has proudly showcased her new 'She Shed' space.

My wife was not the only beneficiary of this newly transformed space; I was as well. As I reflected on the amount of work it took, the money spent and the process to transform the space, it made me think about our travel business. It made me think of how we transformed from occasional travelers to frequent travelers with wonderful travel experiences. The same steps that I used to transform our attic is the same steps I used to transform how we travel. For the past four years I have been teaching people how to "Create a Travel for Free Lifestyle" by using proven tips and strategies that have literally saved us thousands of dollars.



Completing this project made me realize how transformation can happen in anyone's life with travel or anything else that you want to see transformed in your life. These eight steps will help you transform your travel experiences so you can get the most out of your trip by planning the type of experience you want to have, by saving money or traveling for free, and creating a travel lifestyle that you can enjoy for years to come.



What comes to mind, when think about transformation? Have you ever experienced real transformation in your own life? As I prepared for my coaching certification I heard a researcher say that change was possible but not likely. That really caught my attention because I have spent most of life helping people change some area of their life. As a personal trainer I have seen people wanting to transform their bodies. Weight lost is a dramatic example of transformation. For a while reality shows depicting weight loss, were among the most popular TV programs. People become obsessed with the before and after of the transformation. How about those HGTV shows, which highlights home renovations and the miraculous transformation of the completed project. We have not only watched these shows, but we are often in awe of the drastic changes that occur. We all, at some point in life, have desired a change or transformation. Unfortunately for us the before and after pictures don't tell the entire story. There are always steps required for sustainable change to take place. The researcher I mentioned above, says change is possible but you need help to make that change. I will talk more about that later in the third step. As a Human Service professional and mentor, I witnessed hundreds of lives literally transformed, because of eight steps I will share with you today. These steps are not based on research, but their validity and effectiveness have been fortified through my experiences over the years. Ironically, transforming my attic space served as the impetus for drafting the eight steps of transformation. The inspiration was not based on the task

completed, but the process established to complete the task. Developing a strategic plan to direct your efforts and achieve meaningful outcomes. With the eight steps, we now have an established blueprint for transformation that we use in our coaching practice that is also applicable to any area of interest.

In this EBook we are focusing on Travel Transformations. By using these eight steps we have transformed our own lives as it relates to how we travel. This EBook “8 Proven Steps to Travel Transformation” is about showing you how you can use education and our proven travel strategies to help you Create a Travel for Free Lifestyle.



1. Set Your Goals - You have to have a goal in mind. What do you want to accomplish? Where do I want to travel? Do I want to take one major trip a year or two smaller trips? How many days of vacation do I have to use this year for travel? Do I want to go abroad or travel domestically? Once you set your goal let the travel planning begin. Goal setting involves the development of an action plan designed to motivate and guide a person or group toward a goal. Goal setting is not always the easiest thing to do for some

people. As a certified professional coach, I am always surprised when I start working with a new client and we have a conversation about goal setting. They say to me I don't have any goals or I don't know how to create goals. Now I am starting to realize that goal setting is not easy for everyone. Some of the challenges with goal setting is sometimes connected to past failures, lack of confidence, lack of desire and not wanting to be put in a box. I have heard all of these reasons on why people don't create and write down their goals.



The good thing about creating your travel goals is it does not have to be complex SMART goals but it does need to be fun. Some travel goals examples would be stating how much money you want to save for your trip or vacation, selecting your next destination, you taking your parents on a cruise, or the number of points it will take for you to get a free plane ticket or hotel stay. Setting your goals is your first step to travel transformation.

2. The second step to Travel Transformation is Research - researching for travel can be overwhelming. There is so much information out there you may not know where to start. Always connect your research to your goals. At the end of

the day your travel goals are the most important thing because it's what you or your family want to do. Don't let your lack of knowledge keep you from reaching your goal and saving money. I do understand that a lot of people do not enjoy the research aspect of traveling but it can be fun too. As you are researching your travel plans create a visual collage to accompany your research to make it fun. For example when you research your new travel destination also print out the pictures of the places where you want to go. To add to the fun include your significant other and/or children in helping you put the travel collage together. At the beginning of our online travel class we share with our students three important components of starting your travel journey. The first thing you do is **P**lan, the next is **R**esearch and the third step is **E**xecute which we like to say **PREPARE**. Research is the best way to **PREPARE** for your next big trip. The third step is probably my favorite step to creating a travel for free lifestyle because it was always the hardest for me to accept.

3. Find Someone to Help You – You have probably heard the saying “no man is an Island” I paid very little attention to that saying. I actually enjoyed doing things on an island. It was less of a headache and I was always in control of the situation. I took pride in being able to do things on my own. I was much more comfortable with people coming to me for help. I have been a personal trainer and now I am a certified professional coach. I am always willing to help others, give advice, and help them find solutions to their problems. My number one strength according to strength finder is Strategic. I am a strategist. I discovered strategist don't see themselves as needing

help because we can think through almost any situation. Boy was I wrong. I finally realized I could only get so far without the help of others. I wasted so much time trying to get to the next level in my life without the help of a coach, mentor, or even a sponsor. The irony is as a non-profit professional, consultant, personal trainer and now professional coach I have seen numerous lives transformed throughout my career because they solicited help from others. I know what transformation looks like. For example I hired Rebecca from Simplicity Design to help me with the project I spoke of earlier. One of the biggest lessons I learned from that project was sometimes it takes others to help you see what you can't see for yourself initially. I had the vision of what I wanted to do but I just didn't know how to execute what I envisioned. Once she showed me a process I was then able to start filling in the pieces that was my vision.

Travel seems simple enough right. You pick a place to go and then pay for it. That's pretty simple. The travel transformation happens when you learn how to plan a great trip and spend less money when you travel over a sustained period of time. Even a doctor does not perform their own surgery. I will actually teach you how to create a travel for free lifestyle. Something that fits you, your budget, your time frame, and your travel goals. I can become your travel coach and help you in this journey of learning how to save money when you travel. If not me find someone who can help you plan a wonderful vacation for you or your family without breaking the bank.

BOLCC Travel can always help if you need support with your travel plans. Soliciting help from others don't even have to be in person. We have an online travel class that will help you with learning how to travel for free or for less. We would love to hear from you. You can email me at barron@bolcctravel.com.



4. Be Patient- we all know how challenging this one is. When you want real transformation to take place you have to be patient. The media loves to show before and after pictures with a specific timeframe attached to them. In just six weeks your body will look like this if you just do XYZ. That's great for TV or social media but real transformation takes a while and you will need to be patient as that transformation takes place in your life. Having patience means being able to wait calmly in the face of frustration or adversity. It's natural for us to want to jump ship when things start getting tough but having patience will help you achieve your goal. Leslie E. Sekerka, an author and researcher examined whether patience helped students get things done in a 2012 study. In five surveys they completed over the course of a semester, patient people reported exerting more effort toward their goals than other people did. Those with interpersonal patience in particular made more progress toward their goals and were more satisfied when they achieved them

(particularly if those goals were difficult) compared with less patient people.

According to Schnitker's analysis, that greater satisfaction with achieving their goals explained why these patient achievers were more content with their lives as a whole. I have always generally been a pretty patient person on most things except for trying to achieve my own success. I always wanted to rush that process. A couple of years ago I added meditation to my prayer life and it did wonders for my patience. I started becoming more clear on the goals I wanted to achieve through this mindfulness process. In sports you always hear coaches tell athletes to trust the process. As your travel coach I say don't rush the process because you just might miss the journey. Planning your vacation can be fun, engaging and provides you opportunities to reconnect with your spouse, family, friends or even get to know your co-workers better. Deciding where you want to go and the activities could be just as much fun as the trip itself so be patient while planning your trips and vacations. Don't let the lack of resources, not accumulating award points or miles fast enough, or even unexpected bills that eat into your travel budget keep you from being patient in your travel transformation.

5. Celebrate Victories Along the Way.

When was the last time you celebrated a milestone? Do you realize the importance of celebrating them? What is so important about achievements? What should you celebrate? We all need to celebrate our milestones. Celebrating milestones along the path toward our goals is a crucial

component of engagement. It helps honor the hard work you put in and provides an incentive to continue to reach your goals. There is nothing like seeing a plan come together. When you start seeing change take place great or small it motivates you to keep going.

Acknowledging milestones gives us the opportunity to reflect on where we have been, where we are now and what we can learn from this part of the journey. Our growing and achieving has a greater purpose. Achievement, in and of itself, doesn't fulfill, and without reflection, we miss the opportunity to have a party or should I say an opportunity to celebrate right where we are now.



Celebrating milestones reminds us to give thanks for everyday moments. When we pause to celebrate something that is noteworthy, the act of slowing down invites us to notice everything else. Acknowledging milestones gives us the opportunity to reflect on where we have been, where we are now and what we can learn from this part of the journey. If you decide the place where you really want to travel take the time to celebrate that. If you start saving \$50 a month toward your trip celebrate your effort. You will

appreciate your transformation even more if you take the time to celebrate your victories and milestones along the way. That's what drives the multibillion dollar health and fitness industry. Celebrate when you accomplish any part of your travel goal. Matter of fact send us an email and we will celebrate your accomplishment with you. We have done that in the past with our students. They get so excited when they reach their goal of accumulating enough points to obtain a free plane ticket or a hotel stay. Don't forget to celebrate.

6. Go Beyond What You Thought You Could Do?



One of our travel students going beyond what she thought she could do.

In other words start stretching yourself. Take it up a notch. Shake it up. You can do it. You have it in you. You have more to give. As we age we take less risk because we feel like we have more to lose. One of the defining moments in the renovation project was when Rebecca asked me what I was going to do with the old carpet that was in the attic. She asked was I going to clean or vacuum it. I said of course but it never crossed my mind to

purchase more carpet because it was not in my limited budget. As you can see from the photos I was able to find the perfect carpet for that space for around \$150 at Amazon. That completely changed the game. When Rebecca came in and saw the carpet she was blown away because I was starting to get it. I had set my goal, I had done my research to find the right pieces for the space, I hired her to help me see what I could not see at first, I was becoming more patient as the project went on because I was following a process of success, I celebrated my success with every stage along the way with friends and family, and I went beyond what I thought I could do. I was not just going to organize the space I was going to make it special for my wife.

That is one way to go beyond what you thought you could do but I wish I could show you a video of Katrina and I climbing up a tree and walking a tight rope to meet each other in the middle to really drill down this point a little further. First of all I have somewhat of a phobia to heights but my wife does not however we both were paralyzed with fear with a rope challenge we participated in a few years ago. Let me paint the picture for you. We were at a retreat center in Atlanta for a couple's retreat where Tony Dungy the Pro Football Hall of Fame Coach was there spending time with us. It was absolutely one of the best trips we have ever taken together. We were meeting couples from all over the country and sharing some great moments together. There was several opportunities throughout the retreat to bond and enjoy some physical challenges together as well. So the instructor says we are going to do a ropes course today as a way to overcome fear and support your spouse but he also said there was no pressure to take on

the challenge if you have some issues with heights, climbing etc. My wife and I looked at each other and said we are good. We will just enjoy some of our new found friends as they accept the challenge. I don't know if silent peer pressure was the impetus of us changing our minds but we looked at each other again and silently agreed that we need to do this for us.



Katrina and I holding on for dear life during a ropes course at a couples retreat

Besides it could only help us learn how to trust each other more and practice a different kind of encouragement. We strapped on all of our gear as our hearts began to beat faster and faster. We see other couples struggling and one person literally became paralyzed with fear and could not move. They had to go get him off of the ropes. Trust me that's not what you want to see when you're already anxious, nervous, and afraid. It was a safe space for failure but still how embarrassing would it be for the instructor to come get us down too. We climbed that tree with not too much of a challenge but you didn't want to look down because it was a long way from the

ground. Now the fun part began. We cautiously get on the tight rope and try to start making it to the middle of the rope to meet each other. They even gave us an incentive and said when you get to the middle of the tight rope kiss your spouse. As we began to go down the line Katrina stopped and could not move because fear was beginning to grip her body and her mind. I on the other hand was holding on to that rope for dear life with a vice grip that kept me from moving with ease across the rope. I had to stay focused on staying upright and trying to move at the same time which was an absolute challenge. I also had a feeling of helplessness because I knew Katrina needed encouragement because she was stuck. We both eventually made it to the middle of the rope. We even gave each other a kiss but it was quick because guess what we now had to get down. Thank goodness we had other couples on the ground cheering for us the entire time.

Start maximizing award points to travel for free or less. When I started out doing this I never thought I would be teaching others strategies on how to travel for free. Transformation happens when you go beyond what you thought you would do. Surprise yourself and plan a great trip that will provide you and your family memories for a lifetime. We would love to hear your story of how you went beyond what you thought you could achieve. Send us an email at barron@bolcctravel.com to share your story.

7. Stay Focused Through the Process- it is so easy to get off track when you are trying to transform anything. It takes real work. The word trans means to change thoroughly. There will be so many things that come up

good and bad during your process of transformation. Here are a few steps that will help you stay focused through your process of travel transformation. 1. Create a Picture of Success: It often helps to visualize your goals. Know what it will look like and the goal moves from an abstraction to a real, attainable thing.

2. Avoid Procrastination: I remember hearing my pastor say growing up that procrastination was the thief of time. That's a different way to say it but it is so true. Procrastinating comes in many forms, from taking a coffee break to overdoing it with research. It's important to nip this tendency in the bud. Get an accountability partner to keep you on track. Sometimes it helps to do the hardest tasks first or the easy ones first, whichever will keep you busy. Regardless, don't wait to do something. Start early and get it done.



3. Identify & Remove Distractions: Remember those unwanted or wanted distractions? Now it's time to do something about them. Some things that

pull us away from work are unavoidable and important but others are time-wasters. Make the distinction and terminate with extreme prejudice those distractions that can be lost. 4. Track your results. It's important for me to track the results of what I do because otherwise, it feels like my actions are not making a difference. They are my connection to the end goal because they let me know whether I'm on track or off track. They let me know whether to tweak my actions or not. Stay focused on your travel plans and goals. Don't let money and time rob you of your opportunity to grow, learn and explore through traveling.

8. You Have To Pull The Trigger. You are so close to Travel Transformation you can taste your next big adventure, your next vacation or maybe even your first trip. It's time to execute your plan. You remember the three tips I gave you earlier. **Plan, Research and Execute.** Execution is an easy concept to talk about, but it's a hard one to apply. Keep in mind these three things as you prepare to execute your travel plans. Sharpen your Focus. (Step 7) Focus provides the clarity necessary to make decisions that support your most important travel goals. Secondly, build your competence. Use BOLCC Travel strategies and perhaps take the Create your Travel for Free Lifestyle class to help you increase your competence with travel. Click on the link to enroll.

<https://businessoflifecc.teachable.com/>

Lastly you want to Ignite your Passion and make sure you discover your Travel Why. Once you are sure what your travel why is you will want to execute your travel plans? Every time I think about providing my children an opportunity to see the world

through travel it encourages me to pull the trigger and execute our next vacation. Remember a goal without a plan is just a wish. At some point you have to actually go on vacation. You have to start traveling. You have to go, get away and enjoy your life. So many of us let fear dictate our lives. We recently returned from a trip from Israel. Someone told me they always wanted to go to Israel but they were afraid to go. Fear and doubt can hold you back. Sometimes it's just the lack of knowledge or information. Regardless of what may be holding you back from pulling the trigger you must execute your plan. You must follow through and take action. Follow these 8 steps and watch any area of your life begin to transform in the way you want it to be. Let me know how your travel transformation is going. We are here to help you every step of the way. Scroll to the bottom of this page and Sign up today and join our mailing list to learn free tips and strategies on saving money and time when you travel. I hope you are now starting to realize how Travel Transformation can take place in your life. In the next chapter we will help solidify your travel transformation by providing you free travel resources to help you save money when you vacation.



Chapter



Travel Resources to
help you save money
when you travel



Riding along the countryside in Saint Martin on a four wheeler was fun, peaceful, and relaxing. We drove from the Dutch side of the Island to the French side of the island. The Dutch call it Sint Martin.

There is a lot of headlines and captions out there that says you can travel for FREE by using what the industry calls travel hacks. Travel hacking is the technique of legally collecting loyalty points for travel programs and then gaming said programs to get free or severely discounted travel. These hacks are usually related to using a credit card to accumulate a number of points to obtain a free plane ticket or a hotel stay. We certainly don't knock the travel hacks because we have used them to travel for free but what we have discovered is it's not sustainable for most

people. There is only a certain percentage of the population out there that can truly take advantage of the travel hack system. BOLCC Travel is different in the sense that we focus on educating our students and not focusing on travel hacks. Matter of fact in our 25 pages of content I used the word hack only once. WOW! We want to teach people how to "Create a Travel for Free Lifestyle" which is more sustainable over time. A part of providing education to our students and our clients is for us to share travel tips and strategies with people so they can save money when they travel. That's just who we are. We

know that traveling can be expensive and every dollar you can save is extremely important. Every dollar you can offset by using points is also very important. Some of the resources in this chapter we have used on several occasions while a few of them we have not used but have researched them to make sure they were legitimate and had some good reviews. Obviously things change in travel like the speed of light and we know that companies are only as good as their last review so if you see something that we have listed that is not favorable please don't hesitate to let us know. No need for full disclosures here our company does not get any money for promotions or advertisement.



www.Smartertravel.com

Smarter Travel is one of the largest online travel resources of independent expert advice for the budget-conscious traveler.

<https://www.smartdestinations.com>

Save up to 55% on top attractions, museums, tours and more. Do more and spend less with a Go City Card.

When we travel to some of the larger cities like New York, San Diego, Orlando, etc. we have used the Go City Card. It will literally save you hundreds of dollars on attractions, events, and experiences throughout that city. There is a caveat to using the Go City Card. You will have to

use the card on consecutive days. For example if you purchase a three day go card you need to make sure you plan your activities around those three days in a row. Each person in your party will need to have their own Go Card. It is a great way to save money if you want to take experience a lot of attractions during your trip or vacation.



Book hotels on Rocketmiles and earn up to 10,000 miles per night, every time.

Rocketmiles is one of the best ways to accumulate miles quicker if you book hotels directly from their site or one of their partner sites. You can currently earn rewards for 62 partners, including all the best airlines like Alaska Airlines, American Airlines, United Airlines, etc. (as well as a few non-airline partners, like Amazon, Uber and Amtrak)

Last year they started a partnership with Capitol One so if you book a hotel room through Rocketmiles and use your Capitol One Venture or Venture One Card you can obtain the Rocketmiles and receive 10x miles for every dollar you spend on the hotel cost. Over 300,000 hotels participate with Rocketmiles. The average number of points you can accumulate per stay is around 1000 miles/points.



<https://www.travelzoo.com>

Travel deals on hotels, flights, vacation packages, cruises, and local & entertainment deals too. Join millions of travelers who already use Travelzoo. Travelzoo usually shows up in my junk mail but these offers are no junk. You can save tons of money with Travelzoo. To me it's one of those hidden gems in the travel world that a lot of people don't talk about very much. We actually took an all-inclusive trip to Jamaica using travel zoo. We stayed at a very nice resort and is still one of my wife favorite places that we have traveled to over the past four years. I did an extensive search as I always do when I travel to compare prices and they literally saved us around a thousand dollars for that trip. The down side to TravelZoo is you have to pay everything at once. No payment plans here. No worries we have tips and strategies for that too. Secondly, you cannot use points to pay for plane tickets or resorts. Other than that Travelzoo is a solid option for saving money when you travel.



<https://www.airfarewatchdog.com>
Airfare deals, cheap flights, and money saving tips from their experts. Track prices with their fare watchers alerts! You can set up alerts from your home airport or favorite routes. They will search, find, and share great deals. Fare and hotel alerts get sent to your inbox and you save money.



<https://awardwallet.com>

AwardWallet is a one-of-a-kind service that helps you track all of your loyalty points including frequent flier miles, hotel points, dining rewards, and shopping rewards. We have been using Award Wallet for a couple of years now. If you really start becoming a collector of points and miles this is a must have service. It's free but of course they have upgrades for you to purchase if you want a more robust experience. This site is not a direct money saver but I added it because it will definitely save you time which always leads to saving money.

<https://thepointsguy.com>

Maximize your travel with hands-on travel advice, guides, reviews, deal alerts, and more from The Points Guy. The Points Guy is one of my favorite travel references. They are definitely all things travel. You better make sure you have some time on your hands because the information seems endless. One of the competitive advantages of BOLCC Travel is we provide the information that you are looking for specifically with the trip you want to take. Our travel coaching services focuses on you and help you to decipher all of the travel information out there online today. I do highly recommend the points guy. They will keep you abreast of all of the latest information out there in the world of travel.





The ITA Software Matrix is a powerful tool built by MIT scientists in the 1990s to solve the problem of cheap flight tickets. Matrix showcases some of the freshest travel search ideas from ITA Software. Version 3.0 has been completely rebuilt to run on Google technology. A lot of people believe that Google Travel is the best way to find the cheapest flights online. The ITA Matrix is a travel hacker's best friend. It displays all the major airline routes and allows you to search complicated flight routes. Nearly everyone I know starts their flight planning process there.

<https://www.google.com/travel/>



For over 20 years, Travelex has been a leader in the travel insurance market. They have designed each one of their protection plans with the diverse needs of today's

traveler in mind. Their plans include traditional comprehensive travel insurance benefits as well as unique benefit upgrades which enable you to customize your trip protection. Travelex has been successful in creating and delivering innovative insurance products and services at a competitive price. All the while, they provide excellent service to all their customers no matter which plan was purchased. Travelex Insurance Services plans are underwritten by Berkshire Hathaway Specialty Insurance Company. Travelex has great reviews on any site you go to online. We personally use our Chase Reserve credit card for travel insurance. It's comparable to Travelex in terms of the coverage but it is a part of the benefits of your card. If you have a credit card or applying for a credit card always check and see what their travel insurance benefits are before you apply. That alone can save you hundreds of dollars when you travel.



Cruise Critic is the world's largest online cruise resource which helps you find and plan the best cruise possible. It's a complete guide to cruises, cruise lines and exclusive cruise deals. Over 150000+ cruise reviews, ship ratings and the largest cruise forum. Cruise Critic has a large cruise review community website which also has

information for cruisers written by editors, news on cruising and a forum. Before our cruise to Europe this summer I looked up our cruise for reviews. I recommend this resource.



www.autoslash.com

AutoSlash is a free service which tracks your car rental reservations for price drops. They'll re-book you at the lower price if they find one! You can track existing reservations made with major car rental companies, or book your car through AutoSlash (and they'll monitor the reservation automatically)

Here are some more resource sites that you can use to save money when you travel.

Cardpool	Cash Back Monitor
Evreward	Expert Flyer
Giftcard Granny	PointsHound
Raise	Yazing

As a certified professional coach I know all so well that steps to anything is only as good as the action that is taken by the people who life needs to be transformed.



Hopefully you enjoyed this EBook. Our travel journey has been a blessing for our family. As a family we do feel richer because of our travel experiences. We have invested thousands of dollars into traveling over the past four years but we have also saved thousands of dollars. There is no magic bullet for free travel. Don't believe all of the hype out there when you read travel for free. It can be a process. If it sounds too good to be true it probably is. BOLCC Travel is about three things. 1. We help you discover your Travel Why. 2. We help you Create a Travel for Free Lifestyle by looking at your Interest, Activities, Money, and Behaviors. We refer to it as (IAMB). 3. Lastly, we educate you on the process of travel. We provide you the nuts and bolts of how you start the process of traveling for free or for less. Please pardon my redundancy. To be successful at creating this travel for free lifestyle you have to **Plan, Research and Execute. PREPARE.** We would love for you to become a part of our travel community, take our online travel class, and most importantly start traveling. I promise you it will make you feel richer. Not in the sense of money, but reconnecting with your spouse and family members, enjoying life again and what we call start Living in Freedom Everyday. Thank you for downloading our EBook and Happy Travels. <https://businessoflifec.com>



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