

7-DAY WORKSHOP GUIDE FOR MODULE 3

DAY 1

INTRODUCTION & REFLECTION

- Read Module 3 Overview and review the objectives.
- Journal Prompt: Write about your expectations for the module and what you hope to gain from it.
- Reflect on how the parts of Module 3 may apply to you.
- Journal Prompt: Write about a specific emotional wound that you would like to address during your travels.

IDENTIFYING EMOTIONAL WOUNDS

- Do Module 3 - Part 1, take notes on the key concepts and ideas presented, and do the Quiz and Practice Exercise 5
- Take time to reflect on your past emotional wounds and how they have impacted your life.
- Write about a specific emotional wound that you would like to address during your travels. Explore its origins, the impact it has had on your life, and your hopes for healing and growth.

DAY 2

DAY 3

EMBRACE MINDFULNESS

- Research and plan activities that will allow you to engage with the natural environment. This could include hiking, visiting parks or botanical gardens, or participating in outdoor mindfulness or yoga sessions.
- Begin a daily mindfulness practice, even if it's just for a few minutes each day. Focus on being fully present in the moment and observing your thoughts and emotions without judgment.

TRAVEL AS A CATALYST

- Do Module 3 - Part 2, take notes and complete the quiz, and Practice Exercise 6.
- Reflect on how you'll apply what you learned in Part 2 to your life.
- Make a list of places you'll use as alternatives if traveling is not an option for you. Will you take weekend trips, go camping, etc.?
- Create a manual to incorporate the practices that resonate with you to promote healing and reinvention during travel.

DAY 4

DAY 5

RESEARCH AND CREATE A PLAN

- Develop a detailed plan for implementing self-reflection, setting intentions, and embracing new experiences into your routine.
- Find quiet spots in nature for peaceful reflection. Spend time alone and reconnect with your inner self.
- Research and plan a trip (even if it's just a weekend and in the same city) and create an itinerary that includes the effective practices mentioned at the end of Part 2.

SEEK SOLITUDE AND REFLECTION

- Wake up early to enjoy moments of stillness and contemplation before the day begins.
- Disconnect from technology and spend dedicated time in self-reflection and introspection.
- Write in your journal about the insights and reflections that arise during these moments of solitude.

DAY 6

DAY 7

RECAP AND NEXT STEPS

- Review the key concepts and lessons learned from Module 3.
- Reflect on how your perspective on healing and reinvention through travel has evolved throughout the module.
- Prioritize rest and quality sleep, meditation, and gratitude.
- Engage in physical activities like yoga, hiking, or swimming to promote your physical and mental well-being.
- Take breaks to relax, rejuvenate, and pamper yourself with spa treatments or wellness activities.