

✨ YOUR VACATION VISION ✨

Hey there! 😊 I'm so glad you're here! By the time we're done with this worksheet, you'll know EXACTLY how to live in the feelings YOU want to create for this trip.

Even if your trip isn't happening soon, you'll have a crystal-clear idea on HOW to make this vision happen and that's something to be super proud of! Knowing what you want and how to get it is such a win *because it means you really know yourself.* 🎉

Let's jump in and get started! You've got this! ✨ If you ever any help, let me know! I'd love to "hold your hand" through this journey.

✨ Vacation / Trip Location

Trip Location: _____

Give your trip a name (this can be fun, meaningful, or simple!):

Trip Name: _____

🎉 CONGRATS!

You're intentionally planning a trip that supports *you*. That's a big deal 🍀

Take your time. There are no wrong answers.

WHAT IS THIS TRIP ABOUT?

What is the main purpose of this trip? (Check or write what fits!)

- Rest & Recharge
- Adventure & Exploration
- Creativity / Inspiration
- Healing / Reset
- Celebration
- Solo Reflection
- Connection (friends, family, partner)
- Learning / Culture
- Other: _____

 In your own words:

This trip is for me because:

What do I want relief from or more of on this trip?

(What have you been feeling stuck, unconfident, or craving lately?)

 Nice work! You're already being intentional 

TRIP VIBE (HOW IT FEELS)

How do YOU want to *feel* on this vacation? (I would start with three main feelings then you can reflect and add if you want! 😊)

Write down what you want to FEEL 📌

 Fun

 Calm

 Relaxed

 Creative

 Adventurous

 Relieved

 I want to FEEL:

MUSIC CHECK!

✦ Music makes you *feel*! What music matches your trip vibe? ✦

What music matches your trip vibe?

List a few genres:

List artists:


List songs:

 When I hear this music on this trip, I feel:

TRIP COLORS (VERY IMPORTANT!)

Colors create emotion!

What colors do I want to *FEEL* on *this* vacation?

Think feelings, not favorites 

Need some help? Look below!

[Click this link to see what emotion each color creates](#)

 My trip colors are:

If you're stuck, try this prompt:

“If I want to feel x, y, z (Page 3). What color palette matches those feelings?”

P.S. - When you go to PACK, make sure to pack these colors!!   See the checklist on the next page!

Remember, *you know how you feel when you wear these colors*, so take some time to explore combinations, clothes, or accessories that feel *natural and true to you*.

FILLABLE PACKING CHECKLIST

Color 1: _____

- Tops**
- Bottoms**
- Accessories**
- Shoes**

Color 2: _____

- Tops**
- Bottoms**
- Accessories**
- Shoes**

Color 3: _____

- Tops**
- Bottoms**
- Accessories**
- Shoes**

Color 4: _____

- Tops**
- Bottoms**
- Accessories**
- Shoes**

Color 5: _____

- Tops**
- Bottoms**
- Accessories**
- Shoes**

This is so exciting! The trip is now coming to LIFE! GREAT JOB! 🧳 ✨

💛 TRIP VALUES

Remember, you can learn so much about someone by seeing how they spend their time 🕒, how they spend their money 💰, what they prioritize 💛, and who they choose to be around 💞 ✨

🎉 YES! These values guide your decisions.

(Where you go, what you say yes/no to, how you pace yourself.)

On this TRIP I I want to:

Spend time on (think broad, we'll get into specifics later!):

Need some help? - Halfway through this video I talk about some broad way on how I want to spend my time.

[WATCH HERE](#) 📺

MY SPENDING VALUES

Try this prompt:

“I like to do (x). Based on this, what do I value spending time on? Narrow it down to 5 phrases.”

Example:

“I like to sit in a bar alone and write. Based on this, what do I value spending time on? Narrow it down to 5 phrases.”

Follow it up with! - “How can I live out that value more often? Give me 5 examples on how I can live by those values on my next trip and explain it to me in a casual way.”

My trip values are:

HOW I can live by those values:

MY MONEY VALUES

Try this prompt:

“I like to do (x). Based on this, what do I value spending money on? Narrow it down to 5 phrases.”

Example:

“I like to sit in a bar alone and write. Based on this, what do I value spending money on? Narrow it down to 5 phrases.”

My trip money values are:

This part is HARD! And YOU made it this far!! HUGE congratulations on getting to know yourself better. It's very intimate and vulnerable!

VACATION VISION SUMMARY

 This is your vacation roadmap!

Here are the 3 main feelings I want to FEEL :

Here are 3 ways I can make that happen! :

Here are also a few things I learned about myself! 

🎉 FINAL PAGE AWESOME JOB!!! 🎉

You did something BIG 🙌

Most people rush trips *you* planned with intention ❤️

✨ Your trip has clarity

✨ Your decisions will feel easier

✨ Your experience will feel more aligned

🎉 KEEP GOING YOU DESERVE THIS!

💛 I'M HERE TO HELP



Want help filling this out?

I know it can feel *emotional* or *overwhelming* to define what you really need. I truly love helping with this 💛

I can customize this sheet to your exact trip or season of life.

Reach out and let me be your friendly accountability guide so you don't postpone rest, joy, or clarity another day ✨

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Take the first step towards a stress-free trip and a more joyful life. Click [here](#) to schedule a *personalized free consultation with me*. Together, we'll create a tailored plan that aligns with your unique needs and desires. Let's make your dream trip a reality! ✨