

The Intentional Travel Guide

A Mindful approach to
planning travel that
supports your season of
life

A woman with long brown hair is sitting on a wooden ledge, looking out of a large window. She is holding a small blue mug. The window has a dark frame and a small transom window above it. The view outside is a misty, green landscape. The text "LORI BETH TRAVEL" is overlaid on the window view.

LORI BETH
TRAVEL

WELCOME

Travel isn't just about where you go – it's about how you feel before, during, and after your trip.

This guide was created to help you slow down, get clear, and plan travel that aligns with your season, values, and intentions – not just your calendar.

Whether you're dreaming, actively planning, or simply craving rest, use this guide as a grounding starting point.



Your *Why*.

01



BEFORE CHOOSING A DESTINATION, BEGIN WITH INTENTION.



Right now, travel would best support me by helping me: (check all that apply)

- ☐ Rest & reset
- ☐ Heal or recharge emotionally
- ☐ Celebrate a milestone
- ☐ Reconnect with loved ones
- ☐ Experience adventure or growth
- ☐ Create space for reflection

In this season of life, I am craving more:



Honoring Your *Season*



02

TRAVEL LOOKS DIFFERENT IN DIFFERENT SEASONS –
AND THAT'S OKAY



My current season feels like:

- ☐ Full & busy
 - ☐ Transitional
 - ☐ Healing
 - ☐ Celebratory
 - ☐ Quiet & reflective
-

Because of this season, my travel should feel:

- ☐ Slow & spacious
 - ☐ Structured & supported
 - ☐ Adventurous
 - ☐ Luxurious & effortless
 - ☐ Simple & grounding
-



Your Ideal *Travel Experience*

03



IDENTIFY WHAT TRULY FEELS SUPPORTIVE AND ENJOYABLE FOR YOU, RATHER THAN WHAT TRAVEL IS “SUPPOSED” TO LOOK LIKE.



Preferred pace:

- ☐ Very relaxed
 - ☐ Balanced
 - ☐ Active
-

Ideal environment:

- ☐ Beach or water
 - ☐ Mountains or nature
 - ☐ City & culture
 - ☐ Wellness retreat
 - ☐ All-inclusive resort
-

Must-have elements:

- ☐ Comfortable accommodations
 - ☐ Healthy dining options
 - ☐ Spa or wellness experiences
 - ☐ Time alone
 - ☐ Guided experiences
 - ☐ Minimal logistics
-



Practical *Alignment*



04

INTENTIONAL TRAVEL HONORS REAL LIFE BY WORKING
WITHIN YOUR TIME, RESPONSIBILITIES, AND BUDGET



Budget comfort zone:

- ☐ Value-focused
 - ☐ Mid-range
 - ☐ Premium
 - ☐ Luxury
-

Support I would appreciate

-
- ☐ Destination guidance
 - ☐ Customized itinerary
 - ☐ Resort or hotel matching
 - ☐ Flights & logistics handled
 - ☐ Travel protection & peace of mind

What is your timeframe or flexibility? List any restrictions you can think of.



Wellness & *Peace of Mind*

05



TRUE REST COMES WHEN YOU FEEL SUPPORTED



What helps me feel most at ease while traveling?

One thing I want to release on this trip:

What is one memory each person wants to make?



Reflection



06

REFLECTING ON WHAT WILL MAKE THIS TRIP FEEL
MEANINGFUL AND COMPLETE



When I imagine returning home from this trip,
how do I want to feel – physically, emotionally,
and mentally?

What would make this trip feel *truly supportive* of
my current season of life?

What do I hope to gain, release, or restore through this
travel experience?



Ready to Travel Intentionally?

If you'd like help turning this intention into a thoughtfully planned trip, I would be honored to help you.

Lori Beth Travel specializes in intentional, wellness-focused travel designed around you — not templates or pressure.

When you are ready, support is available.

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