

# The Intentional Travel Guide

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

LORI BETH  
TRAVEL



# WELCOME

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

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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.

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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:

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# 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

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## Because of this season, my travel should feel:

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- 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

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## 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

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# 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

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## 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?

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One thing I want to release on this trip:

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What is one memory each person wants to make?

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# 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?

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

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

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# 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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