



Create your own
Transformational
solo travel experience

A template for making your next chapter your best chapter

Helping women find clarity and healing through travel.



dawnpickbenson.com



Need clarity in the next chapter of your life or career?

Looking for healing after a break up, job loss or loss of a loved one?

The idea of heading off to a new location to find clarity, inspiration or healing can feel exciting—and scary. The details of planning it all on your own can be overwhelming as you try to design the perfect transformational journey.

I've found the best way to get started is by asking one simple question:

"How do I want to feel?"

The answer changes everything.

The answer to this simple question can offer incredible insight into your planning process—from the location you choose to the activities you plan to whether you go solo or with a companion or two.

Do I want to feel...

- Inspired?
- Free?
- Creative?
- Brave?
- Empowered?
- Challenged?
- Nurtured?





Here's a simple exercise to get you started:

"Imagining your extraordinary"

Choose a quiet & peaceful place where you can stay for a while. You might find a spot at home or go somewhere you feel inspired and connected. Once you're there, close your eyes and begin to imagine the answer to this question:

What is the most beautiful, extraordinary journey I can imagine for myself?

Use all your senses. See it in as much detail as possible. Let yourself FEEL it ALL..

- *Where are you?*
- *What do you see?*
- *Who is around you?*
- *How do you feel?*
- *What do you smell?*
- *What do you hear?*

Now, write it down.

1

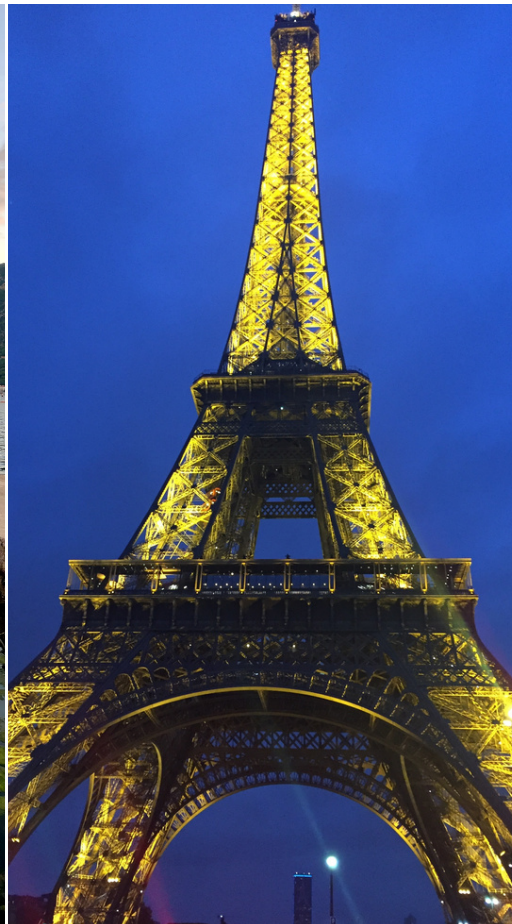
Revisit what you just imagined and jot down as much detail as you can about how you felt on your journey. Be curious about the themes present in what you felt and have written. If you're more visual, you might even create a slideshow with images, a painting or a drawing to reflect your desired sensory experience.

2

Go back and circle or make a list of the feelings that most stood out or speak to you from your vision. Don't overthink it—go with your gut. These words offer insight into the question, *"How do I want to feel on my journey?"*

3

Now narrow your list to one or two feelings. This simple list can now help direct you in your planning process and inform where you go and what you do. This one question can make all the difference between a trip and a transformational journey!





For examples of how I've used this exact question to create my own transformational travel journeys, visit this blog post: [The First Question to Ask Before Planning your Next Trip.](#)

Love the idea of not planning your trip all alone, but instead alongside a small group of like-minded women planning their own solo journeys as well? [Brave Journey](#), my signature travel coaching program for women, might be for you!

Learn more at: dawnpickbenson.com!

Follow me on Instagram: [@dawnpickbenson](#)

Helping women find clarity and healing through travel.