

FIRST STEPS TOWARD MINDFUL ADVENTURE



The hero's journey is a narrative motif as old as the written word. Adventurers from Odysseus to

Luke Skywalker follow predictable stages of **inner and outer transformation**.

During its first few stages, the hero's journey requires mindfulness in order to make the biggest impact:

- ❖ **Call to adventure:** Reflect on your inspiration to embark on this journey and what your reward will be.
- ❖ **Refusal of the call:** Think about the major obstacles that you perceive specific to this trip.
- ❖ **Meet the mentor:** Consider aspects of the adventure you are unsure of, and who could be your mentor.

HOW TRAVEL CAN HELP TRANSFORM YOUR LIFE



As a traveler, you encounter a lot when venturing outside of your everyday life. You may eat delicious

food, engage with amazing people from other cultures, or see breathtaking sights.

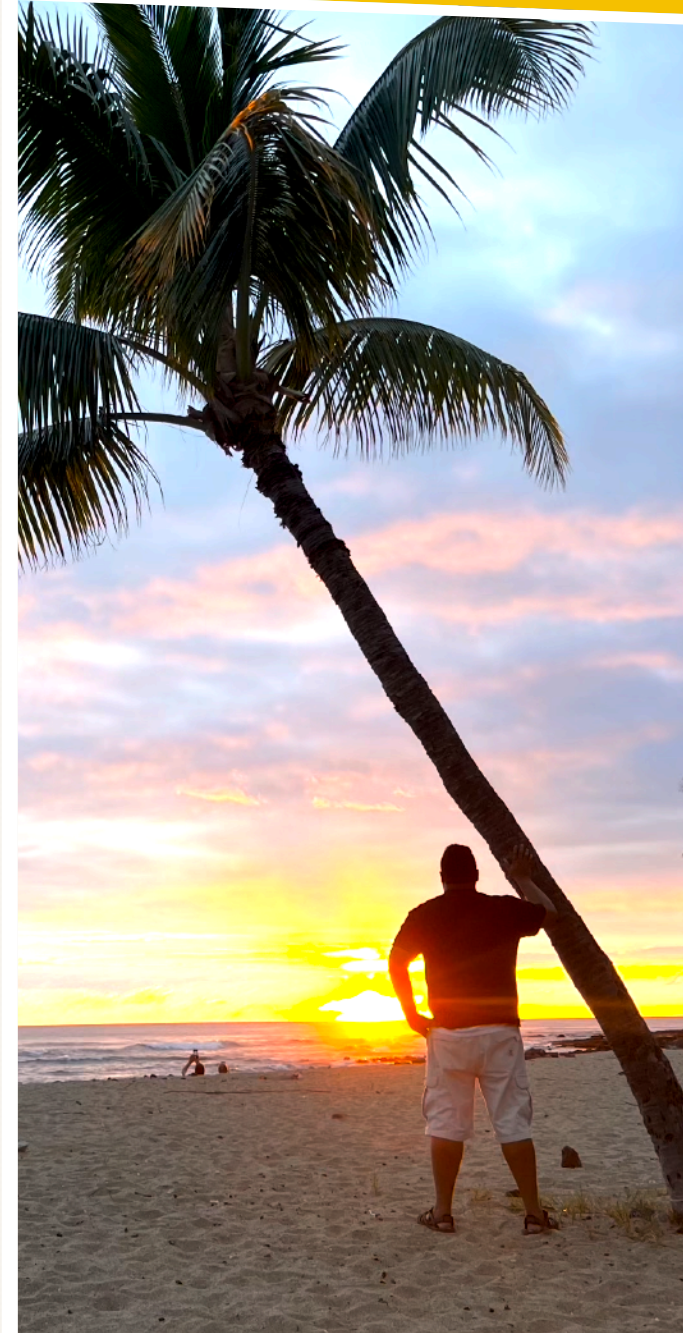
Travel can also impact your life on a transformational level, helping you*:

- ❖ **gain a perspective**
- ❖ **learn something new**
- ❖ **reflect on a moment**
- ❖ **solve a challenge**
- ❖ **discover your passion**

The mindfulness needed to transform may require help—one option is to consult with a travel coach.

(*Source: "The Rise Of Transformative Travel" Skift Report 2018.)

THE HERO'S JOURNEY



THE FIRST STEPS OF YOUR HERO'S JOURNEY

REFLECT ON YOUR TOP TRAVEL DESTINATION WITH THESE PROMPTS. FILL IN THE BLANKS TO KICK OFF YOUR ADVENTURE

1

THE CALL TO ADVENTURE

I have been inspired to embark upon these travels by:

My reward for persevering through this adventure will be:

2

REFUSAL OF THE CALL

I have some major obstacles to going on this trip, such as:

My primary concerns specific to this journey are:

3

MEETING THE MENTOR

I feel unsure about a few things specific to this adventure, like:

My travels would seem much more doable if I had mentor support in:



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