



12 Wandering & Wonderous

TRAVEL CHALLENGES

TRAVEL EXERCISE NO.1: START A CONVERSATION WITH A STRANGER.

10 CONVERSATION PROMPTS TO HELP YOU GET STARTED:

At a restaurant:

That looks/ smells amazing, what are you eating?

What are some other great cafes/ bars/ vineyards you'd recommend around here?

What is your favorite local food and where is the best spot to eat it?

While traveling:

What brings you to _____? Where are you coming from?

Are you heading to _____? Any recommendations of things I shouldn't miss while I'm there?

I'm trying to learn the local language. Can you teach me a few greetings and colorful phrases?

Observations and compliments:

Can you believe this weather...?

Did you just see that...?

I like your...It suits you. Where did you get it?

I see you reading/ watching/ playing...How do you like it?

What did you learn?

How did you feel?

TRAVEL EXERCISE NO.2: CREATE A MEMORY.

TAKE A FEW MINUTES TO SIT AND TAKE IN YOUR ENVIRONMENT.

Use your senses to take it what is around you.

What do you see?

What do you hear?

What do you smell?

What do you taste?

What do you touch?

How does it make you feel?

Why is this moment one you want to remember?

TRAVEL EXERCISE NO.3: GET LOST ON PURPOSE

**DITCH THE MAPS AND WANDER.
DISCOVER SOMETHING UNEXPECTED FOR AT LEAST AN HOUR.**

What do you find to be surprising or new to you that you may not have found otherwise?

Did you face any challenges or obstacles while doing this?

Were there moments of discomfort or uncertainty during the exploration, and how did you respond to these feelings?

Did you notice any patterns, places, or activities that brought you joy during this time?

How did this experience of exploration align with or challenge your expectations? What did you learn from these expectations?

How can you integrate the mindset of exploration into your ongoing routine and lifestyle?

TRAVEL EXERCISE NO.4: HAVE A THEMED DAY.

KEEP YOUR EYES OPEN TO PATTERNS AS YOU'RE EXPLORING AND CREATIVELY DOCUMENT THEM

A few ideas: Garden gates, anything yellow, men standing in doorways, cats, street art, animal behavior, leaf shapes, interesting seashells...

Take it a step further and learn something new about the place you are in and see how often you come across it. This is known as The Baader-Meinhof phenomenon, also called the frequency illusion such as a new word, phrase, history, cultural behavior...

What was the specific theme or concept you focused on today?

How many instances did you encounter with this?

How did you feel each time you encountered it?

In what locations or contexts did you most frequently find this?

Were there different variations or interpretations?

Did you experience any unusual coincidences or synchronicities related to the themed concept?

How did the exercise influence your overall awareness of other elements in your environment?

TRAVEL EXERCISE NO.5: SEEK OUT AN EPIC SPOT TO WATCH THE SUNRISE AND SUNSET ON THE SAME DAY.

How did you prepare to wake up and see the sunrise?

What aspects of planning and preparation did you find most exciting or challenging?

Describe the location you went to for sunrise.

What emotions or thoughts arose as you watched the sun break the horizon?

Describe the location where you witnessed the sunset.

How did the atmosphere change as the day came to a close?

How did being present for both the sunrise and sunset deepen your connection with nature and the natural surroundings?

How might the intentional act of watching both the sunrise and sunset influence your future travel or outdoor activities?

TRAVEL EXERCISE NO.6: EAT LIKE A LOCAL.

SPEND THE DAY EATING ONLY THE REGIONAL AND SEASONAL SPECIALTIES.

Did you have any expectations or preconceived notions about the local cuisine?

What were some standout dishes or flavors that left a lasting impression?

How did the ambiance and surroundings contribute to the culinary experience?

Did you have the opportunity to interact with locals? How did these interactions enhance your experience?

Were there any unexpected or hidden culinary gems that you discovered during your day of eating like a local?

How did this connect you to the local culture and traditions?

Did you notice a connection between the local environment and the flavors on your plate?

Compare the regional and seasonal specialties you enjoyed with the cuisine from your home region. What contrasts or similarities did you observe?

A DYNAMIC LIFE

TRAVEL EXERCISE NO.7: TAKE A PERSONAL DAY

THIS DAY IS ALL ABOUT YOU.

No Social postings.

No feeling obligated to do something someone else said you "must do."

You take the day to do everything you choose without guilt or responsibility for anyone else's agenda.

How do YOU really want to spend your day?



What would make YOU feel great reflecting on this day?

How did you manage your digital devices? Were you able to fully immerse yourself in the experiences without distractions?

Did you allow yourself time for rest and relaxation?

How did this contribute to your overall well-being and energy levels?

How would you describe your overall emotional state during your personal day? Were there moments of joy, relaxation, or introspection?

TRAVEL EXERCISE NO.8: FACING FEARS.

DO SOMETHING OUTSIDE YOUR COMFORT ZONE AND OUT OF CHARACTER.

FEAR- Face Everything And Rise

What were your initial emotions or feelings when you first considered doing something outside your comfort zone?

How did you navigate through challenges and obstacles that arose?

Describe the feelings of accomplishment or achievement you experienced upon completing the activity outside your comfort zone.

Did the sense of accomplishment match or exceed your expectations?

What did you learn about yourself through this experience? Were there any unexpected insights or realizations?

How might these learnings influence your approach to future challenges or fears?

How has stepping outside your comfort zone impacted your perception of yourself?

TRAVEL EXERCISE NO.9: LIGHT FOOTSTEPS DAY.

SPEND THE DAY CONSCIOUSLY REDUCING YOUR CARBON FOOTPRINT AND YOUR IMPACT ON THE LOCAL COMMUNITY

Walk, use public transport, shop locally, support small businesses, and consciously minimize waste and water usage.

How did the light footprint day increase your awareness of your environmental impact in daily activities?

Were there specific moments when you felt more connected to the environment?

Reflect on the conscious choices you made throughout the day, such as walking, using public transport, and supporting local businesses. How did these choices align with your values?

Describe any interactions or connections you had with local businesses or communities. How did this contribute to a sense of community and place?

How did you consciously reduce your waste and water usage during the day?

Were there any challenges or surprises in implementing these changes?

Are there specific commitments or changes you would like to make in your daily life to reduce your environmental impact?

A DYNAMIC LIFE

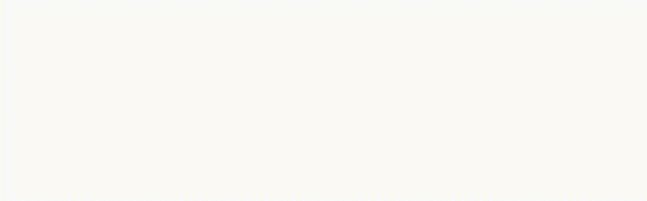
TRAVEL EXERCISE NO.10: LEARN 3 NEW FACTS UNIQUE TO THIS PLACE.

**CUSTOMS, TRADITIONS, HISTORICAL SIGNIFICANCE,
RARE FLORA & FAUNA...**

Fact 1:

Fact 2:

Fact 3:



What sparked your interest in learning these specific facts about the place?

Describe your experience in researching and discovering these facts. How did you go about finding reliable information?

Are there elements that resonate with you on a deeper level, sparking a desire for further exploration?

In what ways do you think this new knowledge might influence your perceptions of other places in the future?

A DYNAMIC LIFE

TRAVEL EXERCISE NO.11: SPEAKING CHALLENGE.

FIND, MEMORIZE, AND PRACTICE SIX LOCAL PHRASES.



How did locals respond, and did it enhance your interactions?

Were there challenges or moments of discomfort in attempting to use the local phrases?

Did you receive any feedback from locals about your attempts to speak their language?

TRAVEL EXERCISE NO.12: SEEK OUT A LOCAL EVENT.

A FESTIVAL, STREET MARKET, LOCAL MUSICIAN PLAYING AT A BAR, A SURFING COMPETITION, A MOVIE IN THE PARK, ART GALLERY OPENING...

How did you decide on the specific local event to attend? What factors influenced your choice?

Describe the feelings of anticipation leading up to the event.

Reflect on how the local event immersed you in the culture of the destination. Did you discover new aspects of the local lifestyle or traditions?

Were there opportunities to connect with people that you wouldn't have had otherwise?

Did you encounter any surprises or unexpected delights?

Consider how the event fostered a sense of community. Did you feel a connection with the locals and other attendees?

Did this add depth and richness to your journey?