

A top-down view of a notebook with a gold pen, a gold paperclip, and dried flowers. The notebook is open, showing lined pages. The pen is a sleek, gold-colored ballpoint pen. The paperclip is a classic gold-colored metal paperclip. The dried flowers are light brown and have a delicate, feathery appearance. The overall aesthetic is warm and elegant.

Slow Travel

101

*For Journeys to Self-
Reconnection*

A STEP-BY-STEP GUIDE TO NAVIGATING YOUR SELF-
RECONNECTION JOURNEY



WELCOME!

Sometimes in life, you just feel **lost**.

It's as if the place you're in no longer fits, and you feel the pull to leave.

Not to run away, but to **reconnect with yourself**.

But where do you go?

How do you begin?

And how do you find that **connection** again?

It's okay if you don't have the answers yet.

That's exactly why I created this **slow travel guide** - to **inspire** your next step.

Explore **slow travel destinations**, stay at **eco-friendly** accommodations, and

discover **self-reflection resources** to help you navigate your journey of

reconnection.

**Travel slow,
for the world
whispers its
secrets to
those who
take time to
listen.**

Slowtravelinspo

TABLE OF CONTENTS

5	<u>Slow Travel philosophy</u>
6	<u>Top 5 Slow Travel Destinations + Eco hotels</u>
12	<u>Self reflection prompts</u>
23	<u>Reconnection with your partners prompts</u>
26	<u>Plan your trip with ChatGPT</u>
28	<u>Work with me</u>

SLOW TRAVEL PHILOSOPHY

In an age where the world moves at lightning speed, the concept of **slow travel** invites us to step back, breathe, and truly enjoy the journey.

Unlike traditional tourism, where the focus is often on ticking off must-see sights and attractions, slow travel emphasizes **quality** over quantity.

It's about **immersing** yourself in a destination, forming genuine connections with locals, and embracing the culture, food, and rhythm of a place.

This mindful approach not only allows for **deeper experiences** but also reduces travel stress, fosters environmental sustainability, and promotes personal well-being.

Slow travel encourages you to leave behind the rush and re - discover the art of exploration and **dive deep within**.

It allows you to **reconnect with yourself** and find what you are looking for.

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Top 5

SLOW TRAVEL
DESTINATIONS

THAT I PERSONALLY RECOMMEND

1. VIETNAM

Why it's perfect for slow travel:

- Vietnam is a destination that is filled with natural wonders and nature. It's perfect for those who love **adventures** and **scooter rides via stunning landscapes**.
- From **North** to **Central Vietnam** you will find something magical in each place. The terraced rice fields of **Sapa, Ha Giang loop** for nature and adventure lovers - **Ha Long Bay** and **Ninh Binh** for tranquil vibes and serene beaches of **Da Nang** and **Hoi An** for beach lovers. Check full North Vietnam itinerary [HERE](#).
- For long term stay, I would highly recommend to stay at **Da Nang**. I stayed there more than 2 months and absolutely loved it! It has a modern touch, but a laid back vibe with stunning beach and cozy beach bars.
- **Try local food:** Phở, Bánh Mì, Bánh Xèo, Bánh Cuốn and or one of my favourites Gỏi Cuốn. Mhhh, you won't regret it!

Eco-friendly hotels:

- **Anantara Hoi An Resort**, Hoi An: Known for its riverfront location and commitment to using eco-friendly materials and promoting cultural sustainability.
- **Topas Ecolodge, Sapa**: A remote mountain retreat focusing on sustainable practices, supporting local communities, and offering breathtaking views of the terraced hills.

2. ITALY

Why it's perfect for slow travel:

- Italy is a country with **deeply rooted traditions**, and it's where the **slow food movement** emerged, followed by the development of the **slow travel** concept. So, there's no better place to start your **slow travel** journey than in Italy!
- Italy invites you to enjoy life's simplest pleasures - whether it's a long, leisurely meal of fresh pasta in a small village, strolling through olive groves in **Umbria**, or exploring the rolling hills of **Tuscany**. Its timeless charm, slow-paced culture, and deep-rooted traditions make it ideal for those who want to experience **daily life as a local**, not just a tourist.
- You can volunteer on a farm or live in a picturesque villa, learn more about slow, organic food, taste local wines and embrace the slow life rhythm.

Eco-friendly hotels:

- **Eremito Hotelito del Alma**, Umbria: A luxurious eco-retreat in a renovated monastery, focusing on eco-conscious living, mindfulness, and organic meals.
- **Di Colle in Colle, Umbria**: offering luxurious stays with breathtaking views of vineyards. The property emphasizes relaxation and slow living, with activities such as horse riding, hot air balloon rides, and cycling.

3. PORTUGAL

Why it's perfect for slow travel:

- Portugal's charming coastal towns, scenic countryside, and historic cities like **Porto**, **Lisbon** and **Algarve** region offer plenty of opportunities for slow travelers to wander through narrow streets, explore vineyards, or relax by the ocean. If you are into surfing explore **Lagos** or less crowded **Sagres**.
- The country's warm hospitality and slower pace of life create an environment that naturally encourages mindfulness and cultural immersion.

Eco-friendly hotels:

- **Pensão Agrícola**: A small, rural boutique guesthouse blending modern design with traditional Algarve style, featuring a cozy, homely atmosphere for slow living.
- **Cocoon Eco Lodge, Comporta**: A sustainably designed lodge promoting a back-to-nature philosophy, with an organic garden and natural swimming pools.

4. GREECE

Why it's perfect for slow travel:

- From the **whitewashed** villages of the Cyclades to the peaceful olive groves of Crete, Greece embodies the essence of **slow living**. The country's strong connection to its ancient past, simple Mediterranean lifestyle, and stunning natural landscapes make it a place where travelers can take their time, **appreciate the small things**, and fully immerse in the local way of life.
- You can do an island hopping and choose your favourite to settle in for a longer period of time. Start with **Milos, Paxos** or **Halkidiki**.

Eco-friendly hotels:

- **Ekies All Senses Resort, Halkidiki**: A beachfront eco-resort using locally sourced, eco-friendly materials, and offering farm-to-table dining experiences.
- **Milos Cove, Milos**: An off-the-grid luxury retreat emphasizing sustainable practices and environmental protection.

5. CHIANG MAI, THAILAND

Why it's perfect for slow travel:

- **Chiang Mai** is a haven for slow travelers, especially for those who love lush jungle vibes. It's a town where you can stay for a longer period and take scooter rides around its neighborhoods. Chiang Mai is also filled with vibrant markets that serve extremely cheap and delicious food! I assume I don't have to introduce you to **Pad Thai** and **Tom Yum Goong**!
- Dive deeper into Buddhism and explore all the beautiful temples, such as the **White Temple, the Blue Temple, Doi Suthep, and Doi Inthanon**. Go on an adventurous scooter ride via **Mae Hong Son** and stay in Pai. Check full Chiang Mai itinerary **HERE**. The slower pace and Thai smiles will guide you no matter where you go, allowing you to connect with locals and develop a deeper appreciation for the region's unique traditions.

Eco-friendly hotels:

- **Villa Mahabhirom - SHA Plus** is a luxurious boutique hotel in Chiang Mai, offering a unique blend of traditional Thai architecture and modern comforts. Surrounded by lush gardens, it provides a serene retreat with personalized service, perfect for those seeking tranquility and cultural immersion.
- **Raya Heritage - SHA Plus** -It combines contemporary design with traditional Lanna culture. Guests can enjoy spacious, eco-friendly accommodations and wellness-focused amenities.

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Self reflection

PROMPTS

DO IT AT HOME OR ON YOUR
SLOW TRAVEL JOURNEY

MIND-BODY CONNECTION

THINK ABOUT THESE QUESTIONS AND WRITE DOWN THE ANSWERS IN YOUR JOURNAL OR BELOW.

- **HOW DO I FEEL IN MY BODY RIGHT NOW? WHAT SENSATIONS AM I NOTICING, AND HOW DO THEY REFLECT MY CURRENT MENTAL AND EMOTIONAL STATE?**
- **WHAT ARE SOME PRACTICES I CAN INCORPORATE INTO MY DAILY ROUTINE TO CARE FOR MY BODY MORE MINDFULLY DURING THIS JOURNEY?**

GRATITUDE AND PRESENCE

THINK ABOUT THESE QUESTIONS AND WRITE DOWN THE ANSWERS IN YOUR JOURNAL OR BELOW.

- WHAT AM I GRATEFUL FOR AT THIS MOMENT IN MY JOURNEY? HOW DOES PRACTICING GRATITUDE SHIFT MY PERSPECTIVE?
- HOW CAN I BE MORE PRESENT AND MINDFUL IN MY EXPERIENCES TODAY? WHAT DISTRACTIONS CAN I LET GO OF TO FULLY EMBRACE THE MOMENT?

RECONNECTING WITH YOURSELF

THINK ABOUT THESE QUESTIONS AND WRITE DOWN THE ANSWERS IN YOUR JOURNAL OR BELOW.

- WHAT PARTS OF MYSELF HAVE I BEEN NEGLECTING OR AVOIDING, AND HOW CAN I CREATE SPACE TO RECONNECT WITH THOSE ASPECTS?
- WHEN WAS THE LAST TIME I TRULY FELT LIKE MYSELF? WHAT CONTRIBUTED TO THAT FEELING, AND HOW CAN I NURTURE THAT SENSE OF SELF?

FORGIVENESS AND LETTING GO

**MAKE A LIST OF THINGS THAT DOES NOT SERVE YOU AND BURN IT.
KEEP THE LIST OF THINGS YOU WANT TO FORGIVE YOURSELF FOR AND TAKE A LOOK EACH TIME YOU
START BLAMING YOURSELF FOR SOMETHING.**

- **IS THERE SOMETHING I AM HOLDING ONTO THAT NO LONGER SERVES ME? WHAT STEPS CAN I TAKE TO RELEASE THAT WEIGHT AND CREATE SPACE FOR SOMETHING NEW?**
- **WHAT DO I NEED TO FORGIVE MYSELF FOR? HOW CAN I OFFER MYSELF COMPASSION DURING THIS PROCESS?**

AUTHENTICITY AND RELATIONSHIPS

MAKE A LIST OF PEOPLE THAT TRULY MATTERS TO YOU AND THINK HOW YOU CAN STRENGTHEN YOUR RELATIONSHIP WITH THEM.

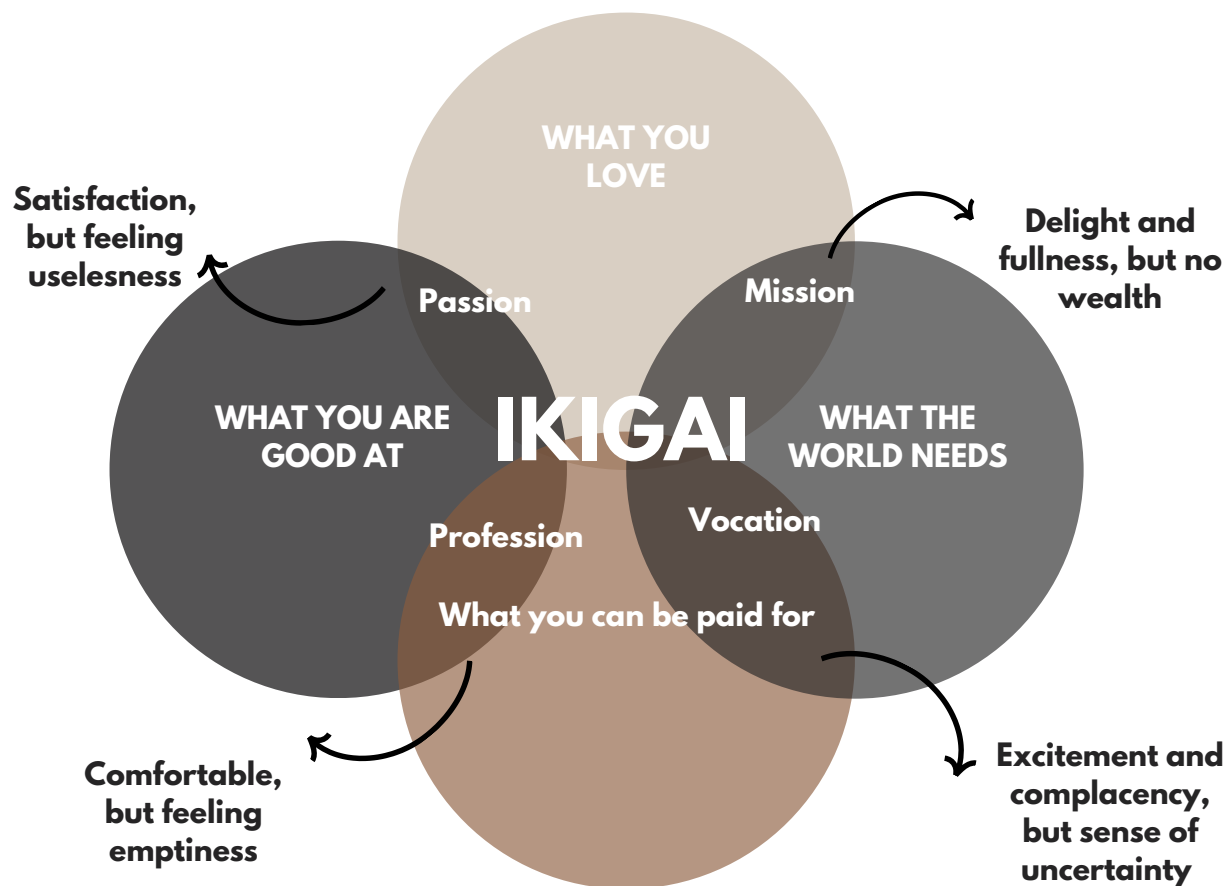
- **AM I BEING AUTHENTIC IN MY RELATIONSHIPS? HOW CAN I DEEPEN MY CONNECTIONS BY SHOWING UP MORE TRUTHFULLY?**
- **WHO ARE THE PEOPLE IN MY LIFE WHO TRULY SUPPORT AND INSPIRE ME? HOW CAN I NURTURE THOSE RELATIONSHIPS?**

Identifying Life's Purpose

Now, this is a big question that you might not be able to figure out right away, but by doing this exercise and answering the questions I've listed below, you will get much closer.

You might have heard of **Ikigai**, but it's always good to revisit it, or for some, get familiar with it for the first time.

Ikigai is a Japanese concept that refers to the intersection of four key elements: what you love, what you're good at, what the world needs, and what you can be paid for. It's often described as "a reason for being" or the thing that gives your life purpose and meaning. When you align these four elements, you find fulfillment and satisfaction in both your personal and professional life, leading to a balanced, purposeful existence.



Questions and prompts to discover your IKIGAI

In the next page, I will provide you with several questions to help you discover your **IKIGAI**. To assist you, feel free to use the ChatGPT prompt below, which will navigate you through each question step by step. Afterward, you can explore additional questions.

IDENTIFYING LIFE'S PURPOSE

CHAT GPT PROMPT. TO USE IT JUST COPY PASTE THE WHOLE PROMPT TO CHAT GPT.

Act as a business coach and master of the Ikigai concept. Guide me to discover my Ikigai by asking a series of in-depth questions for each of the four elements, analyzing my answers, and building on them to ensure a comprehensive exploration.

Ikigai consists of four elements:

1. What you love (passion)
2. What you are good at (vocation)
3. What the world needs (mission)
4. What you can be paid for (profession)

Steps:

Ask multiple questions about one of the Ikigai elements.

Analyze the user's answers.

Ask follow-up questions based on the previous answers.

Ask only one question at a time.

DO NOT SKIP QUESTIONS

Repeat this process for each Ikigai element until all elements are covered in depth.

Start with: "What activities or tasks do you find yourself naturally drawn to, where you lose track of time and feel most fulfilled?"

Passion:

"Can you describe a specific moment when you felt truly happy and engaged in what you were doing?"

"What hobbies or interests do you pursue regularly, and why do you enjoy them?"

"If you had a free day to do anything you wanted, what would you choose to do?"

Vocation:

"What skills or talents do you possess that others often compliment or seek your help with?"

"Think of a time when you successfully completed a challenging task. What skills did you use?"

"What activities do you excel at, even if they don't necessarily bring you joy?"

Mission:

"What causes or issues do you feel strongly about and why?"

"In what ways do you want to make a positive impact on the world or in your community?"

"Who do you admire for their contributions to society, and what specifically do you admire about them?"

Profession:

"What work or activities do you currently get paid for?"

"What aspects of your job do you find most rewarding, and why?"

"If you could turn any of your skills or interests into a source of income, what would it be?"

After covering all four elements, you should then:

Summarize the user's answers to identify recurring themes and patterns.

Help the user reflect on how these elements intersect to form their Ikigai.

Provide guidance on how to align their life and career with their Ikigai.

Start the conversation with the initial question and proceed through the steps outlined above.

IDENTIFYING LIFE'S PURPOSE

ADDITIONAL QUESTIONS YOU CAN ASK YOURSELF

- WHAT EXCITES ME IN LIFE, AND HOW HAVE I PURSUED OR NEGLECTED THAT PASSION LATELY?
- WHAT WOULD I GLADLY WAKE UP FOR, EVEN AT 3 AM?
- WHAT WAS I PASSIONATE ABOUT AS A CHILD, AND HOW DOES THAT CONNECT TO MY LIFE NOW?
- THINK BACK TO YOUR EARLY INTERESTS. ARE THEY STILL A PART OF YOU, OR HAVE THEY BEEN FORGOTTEN OVER TIME?
- WHICH GLOBAL ISSUE MAKES ME ANGRY OR FEARFUL, AND HOW CAN I CONTRIBUTE TOWARD ADDRESSING IT?
- WHICH ACTIVITY PUTS ME IN A STATE OF "FLOW" WHERE I LOSE TRACK OF TIME?
- WHAT IS SOMETHING I AM NATURALLY GOOD AT, AND HOW CAN I NURTURE THIS SKILL FURTHER?
- VISUALIZE YOUR IDEAL DAY-TO-DAY LIFE. HOW WOULD YOU CHOOSE TO FILL YOUR TIME IF FINANCIAL CONCERNS WEREN'T A FACTOR?
- WHAT IS MY SUPERPOWER? ASK 4-5 OF MY CLOSEST FRIENDS WHAT THEY THINK.
- WHAT ARE MY VALUES? LIST AT LEAST 15 CORE VALUES THAT RESONATE WITH ME.
- AM I LIVING IN ALIGNMENT WITH MY VALUES? IF NOT, WHAT SMALL CHANGES CAN I MAKE TO REALIGN WITH THEM?
- EVALUATE HOW YOUR CURRENT LIFESTYLE REFLECTS YOUR VALUES AND IDENTIFY ADJUSTMENTS TO CREATE MORE HARMONY.

VISION FOR THE FUTURE

ANSWER THESE QUESTIONS AND CREATE YOUR VISION BOARD FOR UPCOMING 5 YEARS. USE THIS TEMPLATE, JUST DON'T FORGET TO MAKE A COPY!

- **"WHAT KIND OF LIFE AM I ENVISIONING FOR MYSELF WHEN THIS JOURNEY ENDS? WHAT SMALL STEPS CAN I TAKE TODAY TO BEGIN CREATING THAT FUTURE?"**
- **WHEN CREATING YOUR VISION BOARD BE AS DETAILED AS YOU CAN. HOW DO YOU FEEL? HOW DO YOU LOOK? WHERE DO YOU LIVE? WITH WHOM DO YOU LIVE? WHAT YOU ACHIEVED? I SUGGEST TO ANSWER THE QUESTIONS FIRST AND THEN DIVE INTO FINDING MATCHING IMAGES ON PINTEREST, GOOGLE OR YOUR PERSONAL ARCHIVES TO MATCH YOUR VISION.**

DIVIDE YOUR VISION BOARD INTO THESE CATEGORIES

1. Career & Professional Growth

Question: What does my ideal career look like in 5 years? What position, industry, or project excites me?

Prompt: Visualize the impact you want to make through your work. What achievements will you have accomplished? Will you be managing a team, starting your own business, or working remotely?

2. Health & Wellness

Question: How do I want to feel physically, mentally, and emotionally in 5 years? What practices will I implement to maintain my well-being?

Prompt: Picture your daily wellness routines. What fitness goals do you have? How do you take care of your mental health—through yoga, mindfulness, or something else?

3. Relationships & Community

Question: What kind of relationships do I want to nurture in my life? Who are the people I want to be surrounded by?

Prompt: Think about personal connections—family, friends, and romantic relationships. What values are important to these relationships? How can you cultivate deeper connections?

4. Personal Development & Growth

Question: What areas of personal growth will I focus on in the next 5 years? What skills or knowledge will I develop?

Prompt: Consider things like self-improvement, education, new hobbies, and learning. Will you study a new language, take a course, or develop creative skills?

VISION FOR THE FUTURE

**ANSWER THESE QUESTIONS AND CREATE YOUR VISION BOARD FOR UPCOMING 5 YEARS.
USE THIS TEMPLATE, JUST DON'T FORGET TO MAKE A COPY!**

5. Finances & Wealth

Question: Where do I see my financial situation in 5 years? What is my income, savings, or investment goal?

Prompt: Think about financial security and independence. How much do you want to save or invest? Do you plan on buying a house or traveling more?

6. Lifestyle & Environment

Question: What does my ideal living situation look like? Where do I live, and what does my daily life look like?

Prompt: Imagine your dream environment—whether it's a city apartment, a countryside house, or traveling the world. What kind of lifestyle brings you joy?

7. Passions & Hobbies

Question: What passions or hobbies will I prioritize in the next 5 years? How will I make time for the things that bring me joy?

Prompt: Think of creative pursuits or leisurely activities that fuel your happiness. What would you spend more time doing if you had no limitations?

8. Contribution & Impact

Question: How do I want to give back or make a difference in the world? What causes will I support?

Prompt: Visualize how you can contribute to society, whether through volunteering, activism, or philanthropy. How do you want to create a positive impact?

9. Travel & Adventure

Question: What new places do I want to explore in the next 5 years? What type of travel experiences will enrich my life?

Prompt: Imagine the destinations or travel experiences that excite you. Is it a slow travel adventure, a cultural immersion, or eco-tourism?

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Reconnecting with your partner

PROMPTS

RECONNECTING WITH YOUR PARTNER

SET ASIDE SOME TIME JUST FOR YOU TWO AND GO OVER THESE EXERCISES. WRITE DOWN YOUR ANSWERS SEPARATELY, THEN DISCUSS IT TOGETHER.

1. REDISCOVERING WHAT BROUGHT YOU TOGETHER

- **QUESTION:** WHAT WERE THE QUALITIES THAT FIRST ATTRACTED ME TO MY PARTNER, AND DO I STILL APPRECIATE THEM TODAY?
- **PROMPT:** REFLECT ON THE EARLY DAYS OF YOUR RELATIONSHIP. HOW CAN WE BRING SOME OF THAT INITIAL ENERGY AND CURIOSITY BACK INTO OUR CONNECTION?

2. ASSESSING CURRENT NEEDS

- **QUESTION:** WHAT ARE MY EMOTIONAL NEEDS IN THIS RELATIONSHIP RIGHT NOW? WHAT DO I BELIEVE ARE MY PARTNER'S NEEDS?
- **PROMPT:** DISCUSS YOUR CURRENT NEEDS WITH YOUR PARTNER. ARE THERE UNSPOKEN NEEDS THAT ARE CAUSING TENSION? HOW CAN BOTH OF YOU BETTER MEET EACH OTHER'S NEEDS?

3. REBUILDING TRUST

- **QUESTION:** WHERE DO I FEEL DISCONNECTED FROM MY PARTNER, AND HOW CAN I COMMUNICATE THIS IN A NON-BLAMING WAY?
- **PROMPT:** EXPLORE THE AREAS WHERE TRUST MAY HAVE ERODED. HOW CAN WE CREATE AN OPEN, SAFE SPACE TO REBUILD TRUST AND CONNECTION?

4. FINDING COMMON GROUND

- **QUESTION:** WHAT ARE OUR SHARED VALUES AS A COUPLE? DO WE HAVE A COMMON VISION FOR OUR FUTURE?
- **PROMPT:** ALIGN YOUR VALUES AND DREAMS. WHAT DOES OUR IDEAL RELATIONSHIP LOOK LIKE IN 5 YEARS, AND HOW CAN WE SUPPORT EACH OTHER IN GETTING THERE?

5. EMBRACING VULNERABILITY

- **QUESTION:** WHAT EMOTIONS AM I HOLDING BACK FROM MY PARTNER, AND HOW CAN I CREATE A SAFE ENVIRONMENT FOR US TO SHARE OUR FEELINGS MORE OPENLY?
- **PROMPT:** SHARE SOMETHING VULNERABLE WITH YOUR PARTNER THAT YOU'VE BEEN AFRAID TO EXPRESS. HOW CAN WE MAKE VULNERABILITY A STRENGTH IN OUR RELATIONSHIP?

RECONNECTING WITH YOUR PARTNER

SET ASIDE SOME TIME JUST FOR YOU TWO AND GO OVER THESE EXERCISES. WRITE DOWN YOUR ANSWERS SEPARATELY, THEN DISCUSS IT TOGETHER.

6. INTENTIONAL TIME TOGETHER

- **QUESTION:** HOW CAN WE INTENTIONALLY SPEND MORE QUALITY TIME TOGETHER, AWAY FROM DISTRACTIONS, TO NURTURE OUR BOND?
- **PROMPT:** PLAN AN INTENTIONAL ACTIVITY TOGETHER—A WEEKEND GETAWAY OR SIMPLY A TECH-FREE EVENING—TO FOCUS SOLELY ON EACH OTHER.

7. ADDRESSING UNSPOKEN RESENTMENT

- **QUESTION:** ARE THERE ANY LINGERING RESENTMENTS THAT I'VE BEEN HOLDING ONTO? HOW CAN I ADDRESS THEM CONSTRUCTIVELY WITH MY PARTNER?
- **PROMPT:** DISCUSS ANY UNRESOLVED ISSUES WITHOUT ASSIGNING BLAME. HOW CAN WE HEAL AND MOVE FORWARD WITHOUT CARRYING RESENTMENT INTO OUR FUTURE?

8. GROWING INDIVIDUALLY AND TOGETHER

- **QUESTION:** HOW CAN I MAINTAIN MY INDIVIDUALITY WHILE GROWING AS PART OF THIS RELATIONSHIP? HOW CAN I ENCOURAGE MY PARTNER TO DO THE SAME?
- **PROMPT:** DISCUSS YOUR INDIVIDUAL GOALS AND DREAMS. HOW CAN WE SUPPORT EACH OTHER'S GROWTH WHILE STRENGTHENING OUR BOND AS A COUPLE?

9. DAILY CHECK-INS

- **QUESTION:** HOW CAN WE CREATE SPACE FOR DAILY EMOTIONAL CHECK-INS?
- **PROMPT:** START A DAILY RITUAL OF ASKING EACH OTHER HOW YOU FELT THAT DAY. WHAT WENT WELL, WHAT DIDN'T, AND HOW CAN WE SUPPORT EACH OTHER BETTER TOMORROW?

10. REBUILDING INTIMACY

- **QUESTION:** WHAT ARE THE PHYSICAL AND EMOTIONAL WAYS WE CAN REIGNITE INTIMACY IN OUR RELATIONSHIP?
- **PROMPT:** EXPLORE ACTIVITIES THAT FOSTER INTIMACY—WHETHER IT'S THROUGH TOUCH, SHARED EXPERIENCES, OR HEARTFELT CONVERSATIONS. HOW CAN WE PRIORITIZE INTIMACY AGAIN?

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Plan your trip

WITH CHATGPT HELP

PLAN YOUR TRIP

CHATGPT PROMPT. TO USE IT JUST COPY PASTE THE WHOLE PROMPT TO CHATGPT.

Act as a travel consultant and master of the slow travel concept.

Guide me to discover my slow travel desire by asking me of in-depth questions, analyzing my answers, and building on them to ensure a comprehensive exploration.

Areas that should be covered: Purpose of my travel, solo or with companions, destination, length, trip nature, such as volunteering, reconnection, relaxing, healing, digital detox, reconnecting with my partner,

adventurous Steps:

Ask multiple questions about slow travellers desires.

Analyze the user's answers.

Ask follow-up questions based on the previous answers.

Ask only one question at a time. ### DO NOT SKIP QUESTIONS

Repeat this process for each areas until all elements are covered in depth.

After covering all areas, you should then: ### Summarize the user's answers to identify recurring themes and patterns.

Help the user reflect on how these elements intersect to help them with their decision making process.

WORK WITH ME!

YAY! You've made it to the end of **slow travel 101**, which means **IT'S GO TIME!**

If you still need help planning your slow travel trip, this might be useful.

Check my **BLOG** for more inspiration.

Explore my **INSTAGRAM** & **PINTEREST** pages.

Reach out to me **HERE** if you have an inquiry and need a custom made travel itinerary.

Click **HERE** to find extended slow travel guide for more slow travel ideas that I put together for you.



**YOUR SLOW TRAVEL BESTIE,
URTE**