

# BRING TRAVEL HOME WITH 3 NEW MINDSETS

## #1: People Create the Paradise You Find

How can you tap into a new community, or re-invest in a community you used to be a part of? At home, this could look like a walk in a new neighbourhood with an old friend, or by joining a meet-up of like-minded people. Most importantly, who are the people that make you feel the best? Find more things to do with them.



## #2. Start before (you think) you're ready.

In Episode 2, I mention that even though I didn't feel ready to start a podcast, it was refreshing and I felt incredibly inspired after doing it. People do this when on vacation too: they hike the mountain, they zipline, or they strike up a conversation. Is there something you've been meaning to try at home? By starting before you *think* you're ready, you get to say 'I'm new to this, and that's okay'. Many interviewees end up saying at some point: "JUST DO IT!"

## #3. Embrace the underplan.

Underplanning has its advantages, and in long term travel, it's advantageous to embrace it. Listen to Episode 10 with Danya, or Episode 3 with Matt and Ariel for a sense of vagabonding with enough wiggle room to go with the flow. **Vacationers are happiest** in anticipation of their trip, but post-trip, not different from those who didn't go away at all. The exception? Those who had a very relaxing vacation! Block off time and flexibility for relaxation in both your home life and in an upcoming trip.