



TRAVEL

LOVE IN ACTION | LOVE IS A LIFESTYLE

OBJECTIVE

Travel lifts the veil of comfort, doubling our competency for pleasure.

SKILLS

Rejuvenate your lifestyle
Expand your path

COST

Staycation planning \$50
Get-outta Town \$75
Results \$Priceless

WHAT?

Support taking the first steps and laying out your journey's purpose, near + far
Triptix where to go on route, destination, seasonal highlights
Monitoring your travel map

ROI

TIME TO LOVE • SENSE OF REWARD

Travel can be daunting. I am here to aid you. I will reassure you it is okay to take time to love yourself, your heart, your mind. Travel will develop as a reward; providing a lifetime of stories and nostalgic 'mind-escapes'.

ADVENTURE • SAVOR LIVING

Adventure develops appreciation for the unknown. Love grows while you are trusting in strangers, laughing with travelers, and ambling alone on unknown paths. Take time to feed your wayfaring soul. Savor the life you are grateful to have through unplanned experiences.

TAKE AWAY

LOVE YOURSELF

When we travel we take time to love ourselves. Be the role model for your family and friends. Improve their lives with a step towards your own self-love.

PEACE OF MIND

New experiences grow the limbic system's hippocampus improving your regulating reactionary self. Reestablish your equilibrium.

WHY LIAL?

Your life deserves love in action. Love Is A Lifestyle provides you, your very own toolbox, which you can rely on for years to come.



1. **Set the purpose.** We will set your purpose for travel. An intention for your personal discovery allows the destination and the journey to be minor details in comparison to the overall experience. With my guidance, your trip can be close to home or continents away and benefit from self-love.
2. **Trust yourself to live and love adventure.** Let's develop your confidence. Love relies on trust. Will you trust yourself to enjoy a vacation? When we take time to travel we take time to love ourselves and trust ourselves. Life's stressors are set aside for the short term. Do you have confidence your world will survive without you, well for a few days at least? Let's find out and see!
3. **Open your mind.** Most of what we assume or stereotype is false and rooted in misunderstanding or even worse, fear. Fears cloud most cultures' true essence. Go out and see for yourself.
4. **Adversity has a direct correlation to happiness.** Travel occurs in an uncontrolled environment, full of adversity and opportunity to make lasting and memorable personal changes. Become a great traveler, who when forced to adapt doesn't flinch but relies on resilience. This resiliency quickens your ability to 'not sweat the small stuff' and love from a place of gratitude versus a place of ego.

Are you ready to reach out?

Breathe.

Pray.

Did your prayer include the words 'help me'? I am here to help.

This is the first step in loving yourself. Give yourself the gift you cannot do alone.

Your neighbor,
Lucy

