

Setting Goals

Stop Dreaming and start packing! Learn a new language, even a few basic words. Be the perfect guest in every country.

Ask yourself “What do I REALLY want in an adventure?”

Write down a list of Dreams. I have a UNESCO Map I explore.

Remember some of my Goals took 30 years to accomplish....But I did it!

Open a travel bank account and DON'T touch it until it's time to book.

Start with an easy short trip before heading out on a long adventure. The internet is full of great ideas. Read reviews on Tripadvisor.

Remember to apply for any Visas as the world has changed. Even Britain has a strict online Visa policy....Many countries do.

Practice makes perfect. Every time you pack your bag you will be more confident in following your Heart.

You Only Live Once.....Take Baby Steps

Just come home if you are miserable. I came home early after five weeks in China, a nightmare trip, every day. Still haunts me 25 years later.

Remember, Travelling changed my life in many ways...(and, turned me into a Story Teller)