

HEALTHY EATING WHILE TRAVELING INTERNATIONALLY

*Purposeful Prep
for Women on the Go*





Intentional Travel Prep Worksheet

1. What's the purpose of this trip?

☐ Business

☐ Personal

☐ Both

2. Define success for this trip

What would make this trip feel successful?

(Examples: A great presentation, meaningful rest, exploring something new)

3. Top 3 non-negotiables

List the three things you absolutely want to experience, accomplish, or protect on this trip:

1. _____
2. _____
3. _____



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4. How do you want to feel when you return?

What do you want to bring back emotionally or spiritually?

(Energized, peaceful, inspired?)

5. What will you let go of to make space for what matters?

Identify a mindset, task, or expectation you're choosing not to carry:

6. Anchor word for your trip

Choose one word to guide your mindset and choices:
