

# *Live the List*

Travel Journal

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*Let the list become a life*

EXHALE.SAVOR.SOUL



Live what you've only imagined

# Welcome to Your List

*What you're holding isn't just a travel guide.*

*It's a gentle nudge.*

*A deep breath.*

*A reminder.*

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At The Tailored Globe, we believe travel isn't about collecting passport stamps or ticking off tourist traps. It's about those moments that change you—when you taste wine where grapes have grown for centuries, when temple bells echo through mountain mist, when warm mineral waters wash away everything but the present moment.

*This guide was born from love.*

I created it in honor of my daughter Gabriella and the dreams we once shared of discovering the world together. Though her journey took a different path, her spirit lives on in every experience I design—reminding us that life is fleeting, and the moments that matter most are the ones we choose to fully embrace.

Live with joy, and without regret... with heart.

Inside, you'll discover three carefully curated journeys—examples of the transformative experiences I design for travelers like you. These aren't rigid itineraries, but inspiration for the kind of meaningful adventures we can craft together. Each path invites you to step into a different version of yourself:

Thailand: Exhale - for when you need to release and breathe again

Italy: Savor - for hearts ready to taste life's richness

Costa Rica: Soul - for those seeking to reconnect with their deepest self

These journeys are for anyone who knows that travel should touch your soul, not just your Instagram feed. For those ready to exchange the ordinary for the extraordinary, the rushed for the meaningful.

Start here

Begin now.

Live the List.

*Because some footprints never fade*



# How to Use This Guide

*This isn't just a travel guide. It's an invitation to pause, to reflect, and to begin again - with intention.*

You'll find three thoughtfully curated journeys inside, crafted to honor a different part of your story:

## **Exhale:** *A soulful journey through Thailand*

- For the traveler ready to trade motion for meaning, and rediscover the stillness beneath life's beautiful chaos. Through ancient temples that hold centuries of prayers, jungle trails that teach your heart to slow, and cooking classes where mindfulness becomes second nature



## **Savor:** *A slow-travel experience through Italy*

- For the heart that longs to connect with roots, stories, and legacy. Where olive groves share their liquid gold secrets, where wine carries the poetry of sun-soaked hills, and where every shared meal becomes a celebration of la dolce vita.



## **Soul:** *A reflective adventure through Costa Rica*

- For honoring change, celebrating new chapters, or simply feeling vibrantly alive again. Where thermal springs wash away what no longer serves, where yoga meets the rhythm of crashing waves, and where jungle paths lead you home to yourself.

Each itinerary includes:

- *7-day Journey* - A thoughtful blend of cultural immersion, natural beauty, and soul-aligned experiences that flow like poetry rather than a checklist
- *Signature Moments* - One-of-a-kind experiences designed to create memories that will live in your heart long after you return home
- *Local Highlights* - Insider connections and hidden gems that help you experience each place as a temporary local, not just a visitor
- *Reflection Prompts* - Sacred space to capture thoughts, revelations, and the moments that take your breath away

*Remember: These are invitations, not instructions. Let them inspire your own unique journey.*



# THAILAND:

*In stillness, the soul speaks*



Thailand invites you to slow down and breathe deep. From misty jungle mornings to ocean sunsets, its spiritual traditions encourage you to let go of what weighs you down and make space for renewal. This is *Exhale*—a journey shaped by stillness, warmth, and the quiet luxury of letting go.

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### Day 1: Welcome to Phuket, Quiet Corners & Sunset Vibes

Arrive in Phuket and settle into a serene boutique villa—your private *retreat* from the bustle of travel.

Explore off-the-radar gems like Khao Lak–Lam Ru National Park, where coastal forests give way to hidden beaches and jungle trails lead to quiet waterfalls.

Ease into the island’s rhythm with an evening by a sunset cliff or on a tucked-away stretch of sand—a *gentle immersion* into island time.

### Day 2: Cultural Capital & Coastal Calm Morning in Phuket Old Town

Wander the colorful streets of Old Phuket Town, where pastel facades and shuttered windows hide family-run apothecaries, cafés, and boutiques brimming with silks, handmade ceramics, and healing balms.

✦ *Pro Tip: Go early—Old Town stirs slowly, and the shuttered pastels are yours for a quiet hour.*

Visit the iconic Big Buddha and Wat Chalong temple—quiet spaces to *reflect and reconnect*.

At sunset, unwind at Nai Harn Beach—an *unhurried* stretch of coastline where evening arrives gently and time slips away.

### Day 3: Ethical Elephant Sanctuary + Thai Cooking

Spend the morning at an accredited ethical sanctuary, choosing between a half- or full-day experience. Walk canopy pathways, feed the animals, and share a jungle-side lunch. *These gentle giants offer quiet lessons in empathy and awe.*

✦ *Pro Tip: Walk slowly near the elephants—pausing lets them come to you on their time.*

In the afternoon, step into a Thai kitchen for a hands-on cooking class. Learn to prepare a traditional dish and then savor a meal *infused with story, spice, and soul.*

End your day in stillness, nourished by connection and the beauty of what you've helped create.

### Day 4: Island Escape & Karst Landscapes

Ferry to Krabi or Koh Yao Noi, where limestone karsts rise like ancient sentinels from the sea. Paddle through quiet mangrove channels, drift beneath stone arches, and *feel time slow.*

Swim, walk, and unwind in a coastal village that lives by the rhythm of the tides.

✦ *Pro Tip: Paddle early—Phang Nga Bay is calmest before 10 AM, when the light is soft and the lagoons are still.*

Return to Phuket—or linger nearby for *starlit dinners* and tide-watching *calm.*



## Day 5: Sacred Chiang Mai

Fly north to Chiang Mai. Begin with a private monk blessing at Wat Phra That Doi Suthep— *a sacred welcome above the city*.

In the afternoon, restore with a traditional Thai massage and herbal steam.

As evening falls, *drift among glowing lanterns* and night market stalls.

## Day 6: Mountain Temples & Tribal Encounters



### SIGNATURE EXPERIENCE:

*Rise Above The North*

Drift above Chiang Mai at sunrise in a hot air balloon, watching the city and rice fields glow beneath the morning mist. After landing, toast the day with a lakeside breakfast and *soft celebration*.

✦ *Pro Tip: Bring a wrap or lightweight layer—it's cooler in the sky, and sunrise waits for no one.*

In the afternoon, follow the artisan trail in San Kamphaeng. Step into local studios where silk threads shimmer, celadon pottery cools in quiet kilns, and lacquerware gleams with careful hands. Watch master artisans at work, try your hand at shaping a piece, or wander at your own pace—with time for tea and *stillness* in between.

In the evening, settle into a chef's table experience at Blackitch, where each course highlights northern Thai ingredients, fermentation, and *quiet creativity*—served in an intimate, 16-seat space.

✦ *Pro Tip: Book well in advance—seats are limited, and each menu is created fresh for the evening.*

## Day 7: Crown of Thailand & Departure

Rise early for a visit to Doi Inthanon National Park—*the roof of Thailand* and home to its highest peak.

Stroll through *cool cloud forests*, feel the mist at Wachirathan Waterfall, and stand before the Royal Twin Pagodas, rising in tribute to the King and Queen above the mist-veiled valley.

Savor a picnic lunch with a view, then return to Chiang Mai for *one last riverside moment* before your evening departure.

✦ *Pro Tip: For the deepest connection, visit Khao Sok and Chiang Mai during shoulder seasons (May–June or September–October). You'll enjoy misty mornings, lush greenery, and quieter moments away from peak crowds—perfect for reflection and renewal.*

*Sukjai. Some journeys leave the heart lighter, but more full.*





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- Let your intuition linger. Don't overthink—just let it choose you.*

- Let your memory wander to a moment that suspended the clock. Describe it. What did it give you permission to feel?*

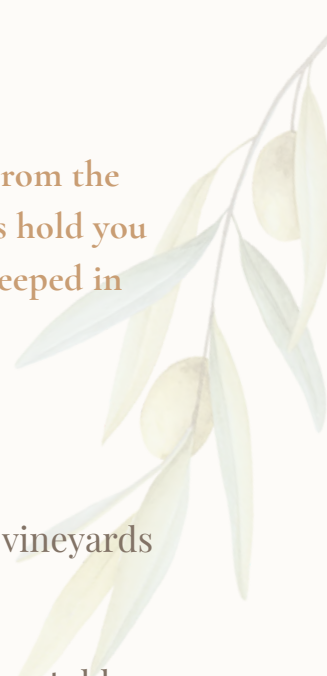
- Not just souvenirs, but ways of being. What rhythms, perspectives, or sensations do you hope will stay with you?*

*Exhale again—and let the quiet become part of your rhythm*

ITALY:  
*Taste the stillness. Walk the story.*



Italy invites you to linger—in courtyards, kitchens, and conversations. From the rhythm of market mornings to the stillness of vineyard dusk, its traditions hold you gently. Flavor becomes memory. Time slows. This is Savor—a journey steeped in warmth, ease, and the quiet luxury of simply being.



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## Day 1: Welcome to Tuscany, Farmhouse Arrival & Lucignano Dinner

Benvenuti a Firenze. Arrive at a family-run agriturismo surrounded by vineyards and olive groves. *Let the rhythm of rural life ease you in.*

Settle in with a sunset aperitivo, the golden hills glowing like old stories retold. Later visit the nearby hilltop village of Lucignano, where tradition is always on the table.

End the evening beneath the stars—a farm-to-table dinner, *a quiet beginning* shared, tasted, and gently unfolding.

## Day 2: Flavors That Linger

Begin with a stroll through the open-air market in Greve in Chianti, where locals gather for fresh produce, golden cheeses, and the rhythm of village life.



### SIGNATURE EXPERIENCE:

#### *A Story Told In Flavor*

Then, ascend to Montefioralle, a *quiet hamlet nestled in the hills*, for a private hands-on cooking class in a local's home. Learn to make *pici pasta* and *arista* (Chianti-style roast pork), then gather for a slow, laughter-filled lunch.

✦ *Pro Tip: Ask your host what their grandmother never wrote down in the recipe.*

Later, return to the villa. Rest, wander, or follow the pull of something sweet—a quiet evening gelato in town. *Fig. Pistachio*. Or *something unexpected* you won't forget.

*Il dolce far niente*



### Day 3: Hill Town Roads & Renaissance Taste

*Choose your path* through Tuscany: wander the artisan streets of Montepulciano or Cortona. Or trace lineage in quiet church records and local archives.

Later, continue to Pienza, the jewel of the Val d'Orcia, for aged pecorino, sweeping views, and Renaissance charm. *Let the day stretch slowly*, like the hills themselves.

### Day 4: From Vineyard to Olive Grove

Begin with at a family-owned vineyard, where stories are poured as generously as the wine. Taste vintages shaped by weather, memory, and soil.

Cross into Umbria—the quieter cousin of Tuscany—and stop at a centuries-old olive oil mill near Todi. Watch *golden oil coaxed from stone and time*.

End your day in a rustic-luxe agriturismo near Bevagna, where vineyards glow in the sunset and everything slows to still.

✦ *Pro Tip: Hidden among Tuscany's folds are vineyards passed down through generations. Ask your guide for one where the owners still harvest by hand. It's here you'll sip wine made with soul, not scale.*



## Day 5: Food Stories in Perugia or Spello

Choose your rhythm:

- A curated food and chocolate tour in Perugia, weaving through family-run shops and stories dipped in bittersweet elegance
- Or a wandering afternoon in Spello, where *vicoli fioriti*—flower-filled lanes—bloom year-round in quiet delight

Sample torta al testo and Umbrian salumi, gathered like souvenirs meant to be tasted, not shelved.

✦ *Pro Tip: Skip the souvenir shop—take home a wedge of pecorino or a jar of handmade preserves. Ask “per portare a casa.”*

End with dinner in Montefalco, the “*balcony of Umbria*,” where vineyards stretch like brushstrokes across the valley.

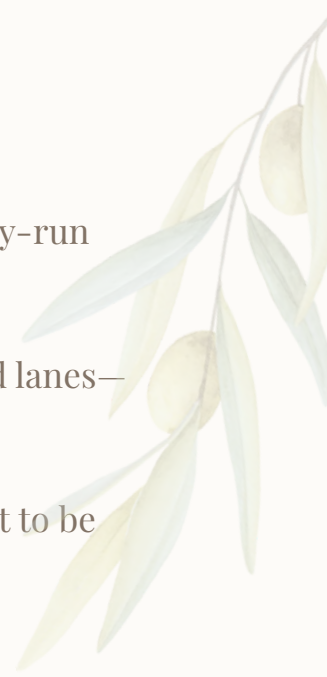
## Day 6: Optional Day Trip to Puglia

Depart early for a full-day journey into Puglia, where whitewashed villages and heritage flavors meet the horizon:

–Wander the *winding alleys* of Ostuni, or visit the iconic trulli homes in Alberobello

–Share a rustic lunch of orecchiette and fresh burrata beneath ancient olive trees

Alternatively, stay close and *embrace the slow beauty* of Assisi—a spiritual exhale carved into stone and silence.





## Day 7: Farewell, For Now

Begin with a quiet morning in Bevagna or Cortona—espresso in the piazza, last-minute pastries, maybe a quiet walk.

Reflect. Journal. Trace the shape of the journey in thought.

Later, gather with hosts and new friends for a farewell dinner centered around regional heritage dishes. Raise a glass to the generations before you—and to the *memories now woven into your own story.*

✦ *Pro Tip: Visit during late September through October for harvest season magic. You'll witness grape harvests, olive picking, and the soft golden light that makes the countryside glow. Plus, it's shoulder season—fewer crowds and more authentic local interactions.*

*Some journeys linger long after the last taste.*

Conessione



- Is it a taste, a scent, a story waiting to be retold? Let your heart choose, gently and without reason.*

- Was it the citrus hum of lemon groves? The hush of chapel bells at dusk? The crackle of laughter under vineyard stars? Let the moment rise—and linger.*

- Is it someone who carries stories in their smile? Who finds beauty in the in-between? Let their essence rise, unprompted and unhurried.*

*Some memories arrive unannounced—woven in taste, touch, and the details we almost missed*

# COSTA RICA

*Quiet Celebrations at the Edge of the Wild*



An invitation to breathe deep and celebrate the quiet milestones. Whether you're honoring a new beginning, a milestone, or simply reclaiming your joy, this journey offers rainforests, sunsets, and soulful space to reflect, restore, and remember your strength. Costa Rica. A place of *Soul*.

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### Day 1: Arrival & Forest Welcome

Arrive in San José and transfer to a quiet eco-lodge tucked beneath *Arenal's watchful silhouette*.

Settle in. Sip welcome tea, *wander beneath towering ceiba trees*, and allow the forest to greet you in its own language.

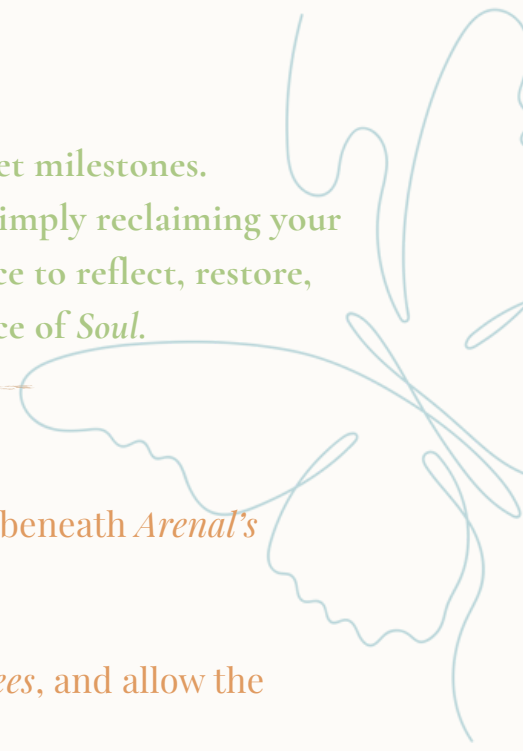
Dinner under the stars, crafted with local ingredients and intention.

### Day 2: Rituals of Earth & Water

*Begin the day with breath*— enjoy morning yoga or meditation while cradled by stunning volcanic views.

Wander to La Fortuna Waterfall, feel the mist against your skin like a memory reawakened.

Later *sink into thermal springs*, then indulge in volcanic mud treatments and a gentle massage.





### Day 3: Arenal Adventure & Coffee Culture

*Wake with the dawn*—choose your path:

- Soar above the canopy on a rainforest zipline
- Wander the lava trails of Arenal 1968, feeling the earth beneath your feet
- Glide across Lake Arenal in silence as the sky begins to blush

In the afternoon, *slow down*. Visit a coffee finca and trace the journey from bean to brew—an intimate exploration of Costa Rica's soul through scent, ritual, and sustainability.

Evening is yours. Return to the springs for quiet restoration or *let the day settle* into words across your journal.

✦ *Pro Tip: Costa Rica's rhythm is best felt through its flavors. Begin the day with chorreadas (sweet corn pancakes) and café chorreado, a hand-brewed ritual rooted in patience and presence.*

### Day 4: Where Rainforest Meets Sea

Depart Arenal and journey west toward the coast—Nosara, *where jungle trails fade into tide pools and hammocks swing with purpose.*

Let your arrival be unhurried. Walk the beach at golden hour, the ocean drawing soft lines around your feet.

Evening invites simplicity: a candlelit dinner, the scent of grilled pineapple and sea breeze. The kind of *quiet celebration* that lives in memory longer than music.

## Day 5: Roots and Rituals

### SIGNATURE EXPERIENCE:

#### *Guardians of Tomorrow*

Under the cover of darkness, witness one of nature's most tender miracles as newly hatched sea turtles take their first brave journey to the ocean. Guide these tiny warriors safely across the sand at one of the world's premier nesting sites, protecting them from predators as they follow the moonlight to their destiny. After the release, gather for a quiet beachside reflection with local conservationists.

✦ *Pro Tip: Best during nesting season (August–October). Wear dark clothing and bring a red flashlight—white light disorients the hatchlings.*

For those seeking solitude or lighter reflection:

- A private cacao ceremony *under swaying palms*
- One last *slow walk* at the edge of the tide

Farewell doesn't need words—just warm sand, the hush of waves, and the quiet truth of *Pura Vida*.

✦ *Pro Tip: For the most peaceful atmosphere and best sunsets, visit Nosara between November and April. You'll enjoy dry skies, golden light, and perfect beach conditions for both reflection and adventure.*

*For a slower rhythm and verdant beauty, consider early December or mid-April—when the waterfalls are full, the trails uncrowded, and the land quietly alive.*



*Trace the roots. Tend the rise*

Pura Vida

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*Let the milestone come gently. It doesn't need a title, only truth.*

*Feel it in the body. Name it softly. Let it stay.*

*Trace the roots. Tend the rise. Pura Vida, wherever you go.*

*A pause. A breath. A beautiful becoming*

Thank you for taking this journey.

For seeing beyond destinations to what travel can truly become.

*For understanding that your list isn't just places to visit—it's a life waiting to be lived.*

They're proof of a life fully lived.

Your story continues.

Your list is calling.

The world is waiting.

Ready to begin?

*Janice Chabot*

The Tailored Globe

*Because some footprints never fade.*