

# THE TRAVEL RESET GUIDE



A 5-Day Recalibration for Your Mind, Money &  
Movement

[www.prosperitygetaways.com](http://www.prosperitygetaways.com)



## Welcome to Your Reset

You don't always need a vacation – sometimes you simply need a reset. A moment to breathe, to realign, to ask yourself what you truly need in this season of your life. This Travel Reset Guide is designed to help you release burnout, reconnect with clarity, and plan your next journey from a grounded, intentional place.

# Day 1 – Reset Your Mindset



date: \_\_\_\_\_

## What is draining my energy right now?

# When was the last time I felt aligned?

---

---

---

“I choose experiences that nourish me, not exhaust me.”

# What am I craving more of?

What emotional space  
am I intentionally  
stepping into next?

---

---

---

---

---

# Day 2 – Reset Your Money & Travel Expectations



date: \_\_\_\_\_

## Reflection:

Which experiences genuinely excite me?

What is my budget for the next 90 days?

---

---

---

---

---

---

---

“I deserve experiences that support my wellbeing and my wealth.”

Am I planning from authenticity or comparison?

---

---

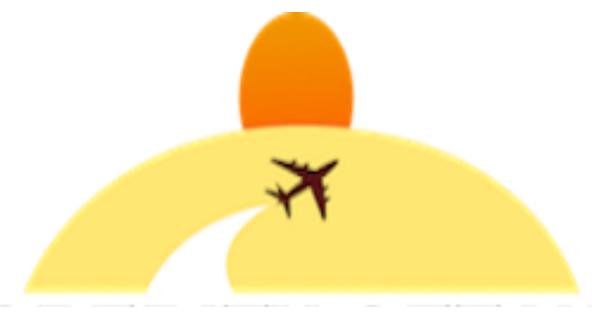
---

---

## Checklist:

- o Review upcoming commitments
- o Set a Prosperity Travel Budget
- o Choose one aligned travel goal

# Day 3 – Reset Your Environment



date: \_\_\_\_\_

## Mini Reset Ideas:

- Declutter a small space
- Refresh bedding
- Light a calming candle
- Take a silent walk outdoors

Reflection: Where does my body feel most at ease?

---

---

---

“I create  
environments  
that support my  
peace.”

# Day 4 – Reset Your Sense of Adventure



date: \_\_\_\_\_

## Your Micro Bucket List:

1. Local Experience

---

2. Domestic Trip

---

3. Dream Experience

---

Reflection: What adventure is calling you?

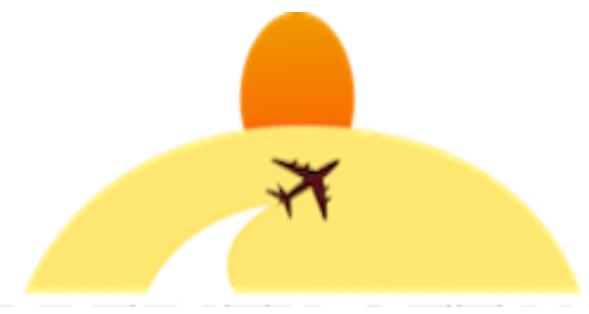
---

---

---

“Adventure is available to me in small and meaningful ways.”

# Day 5 – Reset Your Plan



date: \_\_\_\_\_

My “Next Right Trip” is an intentional experience; whether a staycation, wellness retreat, or weekend reset.

• When do you want to go?

---

• What do you need to prepare?

---

• Who needs to support this plan?

---

---

• What emotional outcome do you want?

---

---

“I move into my next journey feeling renewed, grounded, and prosperous.”

# Your Next Step Toward Alignment + Prosperity



Thank you for completing the Travel Reset Guide.

If this experience helped you reconnect with clarity, ease, and intention, we'd love to continue supporting your journey — whether that looks like a retreat, a weekend reset, or your next dream destination.

Explore upcoming retreats, planning services, and travel resources: [www.prosperitygetaways.com](http://www.prosperitygetaways.com)

## Notes

# Where travel meets wellness

Let's stay connected for:

- Monthly travel + wellness insights
- Early access to retreats
- Exclusive downloadable guides
- Prosperity-focused travel inspiration

Sign up at [www.prosperitygetaways.com](http://www.prosperitygetaways.com)

For daily travel inspiration, mindset resets, and  
behind-the-scenes follow us at:

Instagram: @prosperity\_getaways

TikTok: @travelwithdrbrandi

Tiktok: @prosperity.getawa

Facebook: Prosperity Getaways



# Where travel meets wellness

Continue your journey with Prosperity Getaways—where travel meets wellness, intention, and prosperity. Schedule a free initial consult

[https://calendly.com/brandi-sampson-  
myprosperityedge/30min](https://calendly.com/brandi-sampson-myprosperityedge/30min)

