

THE TRAVEL RESET GUIDE



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

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?

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What emotional space
am I intentionally
stepping into next?

Day 2 – Reset Your Money & Travel Expectations



date: _____

Reflection:

Which experiences
genuinely excite me?

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

What is my
budget for the
next 90 days?

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

Notes

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