

Hi there!

Thank you for downloading my free guide, “Debra’s Secrets to Savoring Life Through Travel.” I’m betting the title really jumped out at you — in today’s busy, busy, busy digital age, we don’t often talk about slowing down and really savoring life. **But sometimes, a major life event causes us to think differently — more deeply — about what we really want out of our limited time here on earth.** Have you experienced something like that recently? Maybe it was a period of pain, a long recovery after a tough illness, or just a major moment of clarity. Either way, you’re now on a journey of self-discovery, and you’re determined to make the most of your second chance on a full, joyful life.

To that I say — welcome! **My life’s passion is figuring out how to help others pause every now and then and savor all that life has to offer**, both those BIG moments brimming with excitement and those quieter, day-to-day simple joys.

But to be honest, that hasn’t always been my approach to life. In fact, I used to take pride in being “busy, busy, busy” too — until a major health event totally changed my perspective.

I’ve always been a type-A personality, never one to take it slow. I worked incredibly hard in my career and had a rich family life — but I always felt like I was chasing something. **Like I was constantly running on a hamster wheel and couldn’t jump off, or I was checking off boxes on a never-ending to-do list.** Maybe you can relate.

That all changed when I was diagnosed with breast cancer in 2013. With the diagnosis came feelings of shock, fear, and overwhelm — but also relief. Yes, cancer was such a tough thing to go through, but I’m grateful for the experience because it finally forced me to hit “pause” on my life. I started taking the time to slow down, breathe, and savor joyous moments, no matter how little. **I view my cancer diagnosis as a HUGE wake up call**, and after I got a clean bill of health, I was determined to make sure other busy professionals and families didn’t make the same mistake I did. I wanted to help others savor their own journeys through life, and I knew travel was the way to do that.

I’m sharing this guide with you today so that you too can learn how to move from “struggling” to “savoring,” all with the help of life-changing travel experiences. I hope you feel inspired and uplifted after reading my strategies for savoring life through travel — enjoy!

Yours truly,

Debra Harris
Owner and travel advisor, Life’s Journey Travel

5 Ways to Savor Life Through Travel

1. Challenge Your Fears

“Scared-y cat.” “Sissy.” “Wimp.” “Wuss.” And the list of insults goes on. In our society, showing fear is considered a bad thing. But I want you to know something: It’s okay to be afraid. In fact, that’s part of what makes us human! But here’s what’s *not* okay: Never facing up to our fears. Never challenging them. Letting the fear rule us, instead of the other way around. Fears are self-limiting; when we never challenge our fears, we let them compartmentalize our lives, until we’re walking on eggshells and tiptoeing around potentially fear-inducing situations so we can always stay in our “comfort zone.” And I can assure you, that’s no way to live.

But here’s the good news: Travel is the perfect way to challenge your fears. Taking a journey is fun, invigorating, and life-affirming, and travel pushes us out of our comfort zones, without pushing us off a cliff. Here’s an example: All my life I’ve been afraid of the water. I was scared to go into the ocean, and scared by what I might find in there! I didn’t start taking swim lessons until I was an adult. After I started my swim lessons, I began taking sailing lessons too, to help get myself comfortable with being *on* the ocean, even if I wasn’t quite ready to plunge into it. Fast forward to a family vacation to the Caribbean; the sun was shining, the beach was pristine, and I didn’t have a care in the world. Until my cousin, brother and sister-in-law suggested we try “snuba,” a combination of snorkeling and scuba. I felt the fear washing over me. But then I looked around — since I was on vacation, I was surrounded by the people I loved and cared about the most. They would support me. And I knew this was a once-in-a-life-time opportunity. So I snapped on my snuba gear, took a deep breath, and jumped in.

What I remember the most isn’t the fear, but the astounding world I encountered in the water. The memories of the silvery fish, brightly colored coral, and clear turquoise water will stay with me for a lifetime. It took me traveling to an exotic place to face my fears, but that’s what traveling does. It encourages us to live in the moment, to embrace the new cultures and experiences we encounter, and to put faith in our traveling partners. Anyone can face his or her fears in that kind of atmosphere — you included.

2. Disconnect to Reconnect

It used to be that we took vacations to escape the hectic pace of our regular lives. But now, the temptation to check our work email, post a selfie on Instagram, and update our Facebook status while on vacation is just too great, since free wifi is pretty much everywhere. If you’re traveling with tweens or teens,

they can be particularly bad about tech abuse! But on your next vacation, I challenge you to completely unplug and watch what happens. You will be surprised by how much more you take in, and what memories stay with you long after you return home. After all, it's hard to "live in the moment" when you're too busy trying to record it. I tried this on a safari trip to Africa, and I was astounded by the results, particularly after sunset. The animals that live in the African bush are largely nocturnal, so they really come alive at night. As we lay in our plush camp beds, instead of drifting to sleep to the buzz of our phones and the dim glow of our screens, we were treated to a lullaby of chirps, rustles, bird songs, and wild whoops — all while the bright moon served as our nightlight. Instead of all the static and hum from our gadgets, we fell asleep to the white noise of nature. And that's what travel is all about: Connecting with astonishing surroundings you won't encounter anywhere else. To truly savor your travel experience, leave the selfie stick at home.

3. Become a Sensational Sensate

Often, vacation planning revolves around what the vacationers want to *see* — which historic monuments will they tour, and what museums will they visit? But to truly savor a travel experience, you need to engage all five senses. That's why I love planning itineraries for my clients that go far beyond the sense of sight. Consider a truffle hunting expedition in Croatia, where the pungent, earthy aroma of the rare truffles you dig up delight and entice you to take deep sniffs. Or a wine tasting session in an old vineyard in France, where the sip of Burgundy wine that you've swirled around in your mouth completely coats your tongue, so you taste every flavor note. Do you love visiting art museums in new places? Turn viewing art into a hands-on experience by signing up for a painting or sculpting class while on vacation. The possibilities are as endless as the tastes, smells, and sights you'll encounter.

4. Share Your Experience With Others

I've mentioned how travel can connect you to new cultures, places, and even your own senses. But I think the most powerful thing about travel is how it connects — or reconnects — you to the people you love most. Going on a journey with loved ones means you get to experience new adventures together that you can never have back home, and that helps create unbreakable bonds. I actually think my favorite part of traveling is after you've returned home and settled back into your routine. Maybe it's a few weeks after your trip, a few months, or even a few years, but eventually, and unexpectedly, one of your companions from the trip will say, "hey remember when ...?" Re-exploring your trip memories together brings the trip to vivid life all over again. It's like a secret you'll share with one another forever, a special language that only you and your fellow explorers speak. I'd suggest that you schedule a get together with your travel companions for a few weeks after your trip ends. During your get together, spend special time reminiscing about the trip; cook foods that you tasted while

abroad, and ask everyone to bring their favorite photos or keepsakes from the journey. Recounting your trip together is almost like going on vacation all over again!

5. Make Time to Take Time

When you embark on an authentic, heart-centered journey, it can be revitalizing, life-affirming, and truly, deeply transformative. But you'll never go on that transformational journey if you don't make an effort to schedule it into your busy life. Unfortunately, Americans are especially bad at this: the U.S. Travel Association reports that American workers collectively wasted 169 billion vacation days in 2013 alone. The problem is that we treat travel like a privilege, an "extra," instead of a right that leads to healthier, happier lives. But studies have actually shown that travel leads to less stress, and active travel especially has been linked to lowering health risks related to diabetes, high blood pressure, and more. So it's time we treat travel exactly how we treat doctor's appointments and dentist visits: Pencil them into your schedule, and make them a priority. I know it can be hard to take time off for vacation experiences, but forgoing travel is actually the riskier position — when you return from an incredible vacation, you're invigorated, more relaxed, and better prepared to tackle the stressful challenges that life's ready to throw at you. We all need to recharge our batteries now and then, and travel is hands-down the best way to do that.

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Travel played *such* a transformational role in getting me on the right path toward a life worth savoring — and I truly believe it can do the same for others looking to reaffirm that they're also on the right path to a full, joyful, *soulful* life. As the owner of Life's Journey Travel, I'm deeply passionate about creating custom travel experiences that allow my clients to truly savor the journey. "Cookie cutter" travel can only get you so far; for a transformative travel experience that will stay with you for a lifetime, I believe you need to engage all of your senses, embrace your fears, and finally make time for that journey that's being on your bucket list for ages. **There's no better time than now**, trust me.

Are you ready to begin planning your own soulful, "savory" journey? Then I invite you to get in touch. Let's talk through your travel dreams on a complimentary 20-minute consultation call so I can begin putting together the perfect itinerary for you; just [email me](#) directly to set up a time to chat. Thanks again for reading!