



Travel Decision-Making Worksheet

Clarify your travel goals and priorities before you plan

Before you start picking destinations or comparing prices, take a few minutes to get clear on what kind of trip will make you happiest. This worksheet helps you identify your motivations, priorities, and deal-breakers — so your travel plans match what you really want from the experience.

What's Inspiring This Trip?

Why do you want to travel right now?

What are you hoping to feel, see, or change by going somewhere new?

Example answers: "I want a mental reset." / "To reconnect with my partner." / "To explore a new culture."

What Kind of Travel Experience Do You Want?

 **Tip:** Tick all that apply. If you want to check "a bit of everything," rank your top 3. That'll guide your itinerary choices later.

- Relaxation & recharge
- Adventure & challenge
- Culture & history
- Food & wine
- Nature & outdoors
- Learning / creativity
- Connection with people
- Luxury & comfort
- Budget-friendly independence
- Family time
- Something totally new

How Do You Like to Travel?

 **Tip:** Review the "Travel Styles" page to help you choose destinations and travel partners that match your energy.

Which of these best fits your usual travel rhythm — or the one you'd like to try this time?

Identity	Description	My Fit (✓ or X)
The Explorer	Loves discovery and freedom, minimal planning	
The Planner	Prefers structure, lists, and certainty	
The Connector	Seeks people, culture, and local immersion	
The Comfort Seeker	Enjoys ease, amenities, and low stress	
The Adventurer	Thrives on activity, movement, and challenge	

Time & Season Factors

 **Tip:** Shoulder seasons (just before or after peak times) often offer great value and fewer crowds.

How much time can you take off? _____

Are your dates fixed or flexible? _____

Preferred season or climate? _____

Any weather or holiday constraints? _____

Early Destination Ideas

 **Tip:** Use this list as a starting point for your "Destination Shortlist Worksheet."

List any countries, regions, or cities that come to mind. Then note why each appeals to you (and any concerns).

Destination	Why It Appeals	Potential Challenges / Notes

Budget Reality Check

Approximate total budget range: _____

 **Tip:** This is just a simple estimate and reflection to connects to our *Budget Planning Checklist* later

How flexible are you on cost?

Tight & careful Moderate Comfortable Splurge-worthy

Which matters most right now?

Longer trip duration Better destinations Higher comfort Lower total cost

Travel Companions & Compatibility

Who are you traveling with?

Solo Partner Family Friends Group

What do your companions want from the trip?

Are your interests, budgets, and energy levels compatible?

 **Tip:** Write down everyone's "must-have" and "can-skip" priorities to avoid friction later.

🚫 Non-Negotiables & Deal-Breakers

List 2–3 things that are absolute musts, and 2–3 things you definitely want to avoid.

Must-haves:

1. _____

2. _____

3. _____

Deal-breakers:

1. _____

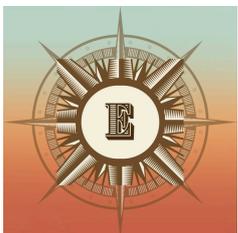
2. _____

3. _____

🌟 Your Ideal Trip Snapshot

In one or two sentences, describe the trip that feels right for you now.

Example: "Two weeks of slow travel in Southern Italy — a mix of food, sunshine, and small towns, with no rigid itinerary."



Where to go from here?

Find more guidance on detailed budgeting, planning your trip and useful travel tips on **Explorable - Journeys**. You can also explore custom travel itineraries.

Visit www.theexplorablelife.com/explorable-journeys