

# Your Motivation Compass

*Clarify why you want to travel — before plans, budgets, or opinions get in the way.*

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Most people think they want to travel for the **places**.

In reality, they want it for the **feeling**.

*Freedom. Reset. Confidence. Curiosity. Space to breathe again.*

This one-page compass helps you strip away noise and surface the real reason you feel pulled to explore the world. Not the answer that sounds impressive — the one that actually moves you.

There's no right or wrong motivation here. **Only the truth that belongs to you.**

## How to use this

- Read each prompt slowly.
- Write what comes up without editing yourself.
- When you're done, circle the sentence that feels charged — that's your compass.



### 01. The Escape

If you could walk out your door tomorrow and leave everything behind without consequence, what is the one thing you would be most relieved to take a break from?

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### 02. The Hunger

Finish this sentence: "Lately, my life feels too small because..."

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### **03. The Vision**

Close your eyes and imagine you are halfway through your trip. You are sitting quietly. What emotion do you feel in your chest that you don't feel right now at home?

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### **04. The Return**

"I need to go away so that I can come back..." (How do you want to be different when you return?)

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### **05. The Truth**

If money and time were irrelevant, and you didn't have to impress anyone on social media, why would you still go?

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## **MY TRUE NORTH**

(Review your answers above. Circle the one phrase that gave you goosebumps. Rewrite it here to make it real.)

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