

TRAVEL STYLE SELF-ASSESSMENT

Purpose:

Clarify your natural travel pace, comfort needs, social energy, and non-negotiables before planning long-term travel.

SECTION 1: PACE

Circle or note what feels most true.

- I prefer staying 1–2 nights per place
- I prefer 4–7 nights per place
- I prefer 2+ weeks per place

What drains me faster?

- Constant movement
- Staying too long in one place

SECTION 2: COMFORT & ROUTINE

How important are the following?

(High / Medium / Low)

- Private sleeping space
- Reliable hot showers
- Quiet work or rest environment
- Predictable daily routine
- Access to nature
- Access to cafés / city life

SECTION 3: SOCIAL NEEDS

After a full day of people, I usually feel:

- Energized
- Neutral
- Drained

My ideal balance:

- Mostly solo time
- Mix of solo + social
- Very social / community-based

SECTION 4: DEAL-BREAKERS

I will not tolerate:

- Shared dorms long-term
- Poor internet
- Unsafe neighborhoods
- Chaotic transport
- Language barriers without support

SECTION 5: TRUTH CHECK

The travel fantasy I'm most attached to:

The reality I'm most willing to accept:
