

Know Your Why

Before you embark on any trip there are lots of questions to answer. Most start with "who", "what" and "where". But, one of the most important questions you should be asking yourself is..."why". **Why do you want to travel? Why do you want to solo travel?**

Knowing why you travel will help provide focus on all elements of your trip - from the destination itself, the activities you choose in your itinerary, and the ways you choose to overcome struggles and reflection.

To help you discover your "why", ask yourself these questions.

- What is the place that your heart has always longed to see?
- What do you fear the most? What do you find the most joy in?
- What culture do you find endlessly interesting?
- Is there any stereotype or forced opinion that you are trying to smash?
- If you could go back to any time period and place, where would you go?
- If you were to leave this earth tomorrow, would you be fulfilled?

Use this box to write out *your why!*