

# Travel Affirmations

I will experience, wonder, delight, connection, and pleasure on this trip.

I must break through my daily routine and break away for a phenomenal trip! I'm ready now!

I find joy and comfort in travelling.

I have the courage required to travel.

Adventures increase my bravery and trust in travelling.

I can eat yummy foods and be intentional.

It is possible to go on my 5-week trip of a lifetime and maintain my weight.

I choose to intentionally learn the lessons!

My body is strong enough to get me through my travels.

I nurture my body with positive thoughts, good food, and a lot of rest.

I choose to be flexible, relaxed, calm and present to help me enjoy the day.

I am grateful to be in the position to explore the world.

Everything that I need today will be made available to me.

I let go of expectations.

I have angelic help to overcome any challenges that come my way.

I welcome spontaneity in my travels.

I am protected.

I am thankful for safe journeys.

I welcome peace into all my interactions with others.

I am always grateful for a smooth, intentional journey.

I can stay energized during our family trip!

I can stay comfortable in my clothes during the Europe Trip!

I have strength and confidence, knowing I am prepared, emotionally mentally, and physically.

I welcome, Bohemian energy and comfort,

We will have clear, concise, easy, and fluid communication.