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Seven Tips - Things to Do Before Traveling Solo

All your life you have longed to travel but allow fear and doubt to keep you from going. Does the mere thought of going somewhere alone cause you confusion and anxiety? You keep proving to yourself that you cannot easily go from place to place because you find yourself lost whenever in unfamiliar territory.

1. Get very clear about your reasons for traveling.

Know where you most desire to go, study the language (if necessary), research the country, city, culture, and places you'd like to visit.

2. Determine what is causing your lack of confidence and name it.

Write as many as come up for you. Do you think you will be lonely? What about safety concerns? Will communication be a problem? Sit with your list and ask, "Is this true?" Decide what is true for you and the reason. Often, just writing it down causes it to become mute.

3. If you're traveling solo, practice being alone.

Practice in your hometown by pretending to be a tourist. What would a tourist want to see, do and experience? What are the historic places, restaurants, parks and other special to your town that tourist would enjoy?

4. Get EXCITED!

Getting excited about your trip will help you to build your confidence. See yourself in all of the places you desire to visit.

Feel the feelings you will have, the colors you will see and the food you will enjoy.

5. Have Fun!

You are traveling because it is your desire. Traveling solo, you can do what you like when you like. Treat yourself to days of exploring and days of relaxing. Talk with locals and experience their culture with them.

6. Listen to your intuition!

A huge part of staying safe while traveling is being mindful and aware of you and your surroundings at all times. Intuition helps you with that. Have you ever been enjoying yourself, having fun, laughing out loud and then you feel as if something shifted, something doesn't feel right?

7. Your itinerary & personal information!

Choose at least one adult outside of your home whom you trust, and share your personal information with them. This information includes your lawyer, your plan, banking, you might give them an ATM or Credit card for emergencies.

Using these tips will get you started on gathering the things to confidently travel. Have fun using these tips and journal about your experience.