

## **I treasure my travel experiences.**

My travel experiences are like warm hugs on a gloomy day. My mind and heart overflow with joy as I remember each travel destination.

### ***I am grateful to have a lifetime of travel memories.***

I am thankful I have the ability to see the world, meet new people, and discover a different way of life.

My travel experiences help me see things in a new light. They show me how each part of the world has its own unique features.

Each of my trips is a joy in my mind. It restores my faith in this planet and people. It helps me appreciate my life even more as I see how others live.

### ***I know my travels are a crucial part of my growth as a person.***

All of my travel excursions teach me new things about myself and family. They reveal hidden parts of our personalities and spirits. They show us how we react in different and unusual situations.

I am happy to see the world and travel to new destinations.

My travels help me understand history, culture, art, food, and other new ideas. ***They make me a stronger, more confident person who can achieve new things.***

Today, I value my travel experiences and see how they shape my spirit and heart as I grow and change.

## **Self-Reflection Questions:**

1. How can I find time for travel while being busy with work and other duties?
2. What can I do to balance out the negative travel memories that occur?
3. How can I share my positive travel memories with others?