

# Travel Itinerary Planning Worksheet

Use this worksheet to walk through the seven steps of creating a meaningful, stress-free travel itinerary. This tool is designed to help couples plan with intention and connection.

## Step 1: Embrace the Joy of the Journey

- Have we planned a fun way to start our travel planning (e.g., a planning party)?
- Are we both excited about the planning process?

## Step 2: Start Dreaming

- We've listed all the places we'd love to go, without limiting ourselves yet.
- Total number of days in our dream trip: \_\_\_\_\_

## Step 3: Get Real

- Number of days we can realistically travel: \_\_\_\_\_
- We've estimated our total budget: \_\_\_\_\_
- We've trimmed our list if needed, and agreed on priorities.

## Step 4: Balance Cities and Villages

- We've checked the pace of our trip: is it too rushed or too slow?
- Our itinerary includes both high-energy and relaxed locations.

## Step 5: Making It Happen

- We've outlined our travel route and number of nights per stop.
- We know how we're getting from place to place (transport options).
- Open-jaw flight considered? ■ Yes ■ No

## Step 6: Add Meaningful Moments

- We've planned activities that feel special to us.
- We've set aside time to reflect, rest, or check in together.

## Step 7: Pack with Purpose

- Packing list includes layers and versatile outfits.
- We've included space in our bags (and our plans!) for discoveries.
- Travel folder: bookings, key phrases, emergency info, and reflection prompts.

## **Our Draft Itinerary**

Use this space to jot down your key destinations, number of nights, and a rough idea of activities you want to include.

## **What We Want to Remember Most From This Trip:**

How can we both come home with memories that bring us joy and bring us closer together?