

## Ten Tips for the World Traveler

**1.** Pack light and group things in zip lock bags, gallon and quart size: underwear, makeup, first aid, socks, tops, etc. Release all the air before you seal. Make your life easy on the road.

**2.** Keep your money, passport, credit card in a pouch **inside** your clothes next to your body. Only keep the money you need for the day on the outside and only what you can afford to lose. Never carry a purse.

**3.** Only let sealed, bottled water pass your lips. This also means no ice cubes, wet glasses (dishes or silverware), or fresh veggies, salads or fruits washed in water. Only fresh fruits or veggies you can peel yourself.

**4.** I use GI Pro (probiotics) and MannaCleanse to keep my gut in healthy balance with the good guys in plentiful supply. I take ImmunoStart everyday to keep my immune system strong. Carry a little bottle of Hand Sanitizer and clean your hands often. Not only is the culture and environment you can see new and fresh to your eyes and ears, so are the organisms you can't see.

**5.** Tuck a few personal comfort items in your pack. Things like chocolate covered espresso beans, a soft pair of socks, earplugs, a quick dry washcloth, and an Optimal Skin Care travel pack from Mannatech to nourish your skin, flip-flops for showers. Love these moments of personal luxury.

**6.** Bring some postcards or family pictures with you. Just a few. It's a way to connect with people and you can even give the postcards as gifts in special moments. You can also give butterflies from The Butterfly Project. Wear a beautiful Blue Morpho on your shirt and attract delight.

**7.** Once you feel oriented and safe in a location, go out and connect on your own. People rarely approach groups of two or more. Don't worry if you don't speak the language. Smiles, facial expressions, body gestures go a long way. I've had genuine connections wherever I've gone without sharing a common language.

**8.** Be curious and enjoy living in the present moment every day. One of the precious gifts of travel can be the rediscovery of joy which can only be experienced when we are in the moment.

**9.** The unexpected will happen. Things won't always work out the way you thought. Sometimes it feels awful. Usually these become the memorable moments that last forever and make us laugh. They are the ones we delight in sharing. Keep your perspective and humor.

**10.** Keep a journal of your impressions. Jot down sounds, smells, visual details, things that touch your heart, challenge you, inspire or delight you. Don't worry about editing or sentence structure. Just jot them down so you'll have memory triggers. Photos are good, but don't hide behind your camera and miss all the moments.

*And, above all expect to have an amazing experience that moves and changes you. Pay attention to the gifts you receive. In any moment you can change how you feel, by changing your thoughts.*

