

7 STEPS TO CREATE *A Life of Travel*



Copyright Survive Travel © 2018

www.SurviveTravel.com



You can share this document if it remains unchanged and free.

Welcome!

I'm Bert, owner of www.SurviveTravel.com and www.SurvivalFitnessPlan.com

I've been living a life of travel since 2003 and a life of freedom since 2015. What's the difference?

A life of travel means you are traveling, but you may still have to work or do other things you don't want to do.

A life of freedom is when you are able to do the things you want, when you want, how you want. If what you choose to do is travel (like me) then great. But in reality, once you have a life of freedom you can do whatever you want with your time.

In this report, I will guide you through the 7 steps to create a life of travel. Also, for those of you that want to go further, a life of freedom as well.

Creating **ONLY** a life of travel is faster than creating a life of freedom, but a life of freedom is much better. It is also possible to create a life of freedom while living a life of travel (this is what I did). You will travel sooner, but it will take longer to achieve freedom. The choice is yours.

From the day I decided to create a life of freedom it took me several years to achieve it. I hope by sharing what I have learned (and continue to learn) I will help you do it much faster.

Well, that's it for my fluff talk. Let's get into it!

Note: Start each of the following steps in the order given. You do not have to complete the previous step before moving onto the next.

The Basic Formula for Achievement

This is not part of the 7 steps to create a life of travel but is good to know for this and life in general.

Here is the basic formula for achieving anything in life.

1. Know what you want.
2. Make getting it your top priority.
3. Create a flexible plan to get it.
4. Carry out your plan with utmost persistence.

Well, we already know what you want. A life of travel! If you want something else, you can still use this guide, but you must be clear about what it is.

The second stage of the formula is something you must do from within. Actually, if you want something bad enough making it your top priority shouldn't be too difficult. You may have to become a little more selfish than you are at the moment, especially with your time.

Stage 3 is what the bulk of this report is about. Most people think that to live a life of travel is all about money. While money does play a big part of it, there are other aspects also. We will go through them shortly.

Take special note of the words "flexible plan" in step 3. Being flexible to change your plans is important for success. You can change your plan without changing your end goal. Of course, changing your end goal is fine too if you change your mind about what you want.

The final step is another one you must do from within. This is the winner's mindset. Do not give up. You have your plan, now follow it. Adjust your plan if you need to, but keep your eye on the prize, i.e., your end goal.

Step 1. Get Organized

You can read this report in less than 30 minutes, but to actually complete all the steps is going to take time.

You will need a scheduler/calendar and a notebook. I have Google Calendar for scheduling and Evernote for note taking. Both are free and easy to use.

If you prefer old school pen and paper you can do that instead.

Take Action!

- Get yourself a scheduler/calendar and a notebook.

Step 2. Become a Minimalist

The word “minimalist” can conjure up images of people living in a house with nothing but a mattress on the floor. While downsizing your possessions is good, you don’t have to be so drastic.

The truth is, being a minimalist is more of a mindset. Downsizing material possessions are only part of it. Learn to think like a minimalist and you will free yourself from all kinds of burdens.

Becoming a minimalist can be hard at first, but it's worth it. Your stress levels will drop and your happiness levels will increase.

It is also good training for when you start traveling. The less you have to carry around (physically and emotionally) the easier it will be.

Material Possessions

Get rid of your excess stuff. Sell it, give it away, use it for firewood, whatever. As long as you get it out of your life. I’m talking old clothes, knick-knacks, fitness equipment, kitchen do-dads, etc.

Things you should keep:

- Items that could save your life (first aid kits, fire extinguishers, etc.)
- Things you use often. The word “often” is relative. Don’t throw out your winter clothes because you haven’t worn them all summer.
- Very sentimental items. I mean things that would devastate you if you lost them. Pretend your house is on fire, what do you risk going back for?
- Items of appreciating value, like that rare, mint-condition basketball card. You can sell it if you want, but if you want to let the value rise a bit more then do that.

Get rid of everything else!

Take Action!

- Schedule a “spring clean” day THIS week. On that day, go through all your stuff and separate all the things you will purge yourself of. If you have less time and/or lots of stuff, break it up into several sessions focusing on one or two rooms a day.

- Once you have all your unwanted stuff in one spot, get rid of it. You can try selling anything of value online, and/or have a yard sale. Whatever is leftover, give it away.
- I don't recommend forcing your family to partake in this. If they want to do it, that's great.
- Don't wait until you have got rid of everything, move onto the next part of this step!

People

Be selective about who you give your time to. Spend it with people that make you feel good and offer encouragement. Those you love, and the ones that make you laugh.

If you're one of those people that feels like they have to please everyone, learn to say "No". True friends and family will stick around, and the rest will find someone else to rely on.

Once you know your true friends, be there for them. Help them when they're down, and they will do the same for you.

When it comes to relationships, quality over quantity is the key!

Practice tolerance with others. Live and let live. Whatever other people are doing, if it is not directly affecting you or your loved ones, don't worry about it. There's no need to judge them, get angry, or annoyed.

Practicing tolerance will also be very helpful when you travel. There are many different people in the world. You will have to adjust to the different cultures of the locals and other travelers alike.

Emotional Burden

Whatever bad things have happened to you in the past, learn from them and let go.

Whoever has done wrong to you, forgive them. You don't have to reconcile, but be at peace in your heart.

Be honest with yourself, and to others. Trying to live a lie is a waste of time, and trying to keep track of lies is as well. Be honest about who you are, what you do, and what you say.

Take responsibility when you make mistakes. You will be free from guilt and people will respect you for it.

Sometimes white lies can keep the peace and make your life easier, but be wise when you use them.

Stop setting unrealistic goals and/or thinking that you must get everything perfect.

Take Action!

- Have you promised your time to anyone that you know doesn't respect it? Are there any plans you have made that you don't want or need to go to? Whatever they are, cancel them. Don't lie about the reason why either. Tell whoever it is that you don't want to go and leave it at that.
- If you think you didn't have time to minimize your possessions before, now you do!



Enjoying this report so far? Share it with your friends!

[Share it on Facebook](#)

[Share it on Twitter](#)



Step 3. Get Healthy

There's nothing worse than getting sick on the road. Also, and being generally healthy means you can experience more during your travels. Living a healthy lifestyle is super important for living a life of freedom as well. Even if you have everything you want, if you are not healthy you won't enjoy it.

Being healthy is like saving up for retirement. The sooner you start, the better it will be for your future. On the flip side, it's never too late to start.

Nutrition

Healthy eating doesn't mean you have to go on a fancy diet or buy expensive "health foods". At the most basic level, you only need to follow one rule:

Make AT LEAST 50% of your diet whole foods.

What are whole foods? Here is a definition [straight from Wikipedia](#):

"Whole foods are plant foods that are unprocessed and unrefined, or processed and refined as little as possible, before being consumed. Examples of whole foods include whole grains, tubers, legumes, fruits, vegetables."

As a bonus, eating a whole foods diet will cut your food bill. Quite a lot in some cases.

Take Action!

- Throw out all the processed, refined-sugar filled foods in your fridge and pantry.
- Replace them with fresh whole foods.
- Visit www.SurvivalFitnessPlan.com/Nutrition for more tips on healthy eating.
- Visit www.SurviveTravel.com/healthy-habits-when-traveling for more specific tips on staying healthy while traveling.

Exercise

Exercise doesn't have to be a grueling 60-minute workout at the gym. My daily exercise routine only takes about 20 minutes a day, and 15 minutes of that is stretching!

If you want a no-equipment exercise that works the whole body, check out the SFP Super-Burpee. It's also perfect for "hotel room" workouts.

www.SurvivalFitnessPlan.com/how-to-do-super-burpees

Do 5 of those followed by the Survival Fitness Plan yoga routine every morning and you're done.

www.SurvivalFitnessPlan.com/yoga-cool-down-stretch-routine

Take Action!

- Set aside at least 20 minutes each day for focused exercise, and do it. It is best if you do it at the same time every day.

Meditation

10 minutes (or more) meditation a day can make a big improvement in your mental and emotional health.

An easy way to practice it is by doing yoga nidra. All you need to do is lie down and follow what the speaker says.

Of course, all types of meditation are good. Do it whatever way you want.

Take Action!

- Set aside at least 10 minutes each day for meditation, and do it. It is best if you can make it at the same time every day. I like to do it immediately after my morning exercise.
- If you don't already have a preferred method of meditation, check out:

www.SurvivalFitnessPlan.com/how-to-do-yoga-nidra.

- To get even healthier, check out **Sam Fury's book Daily Health and Fitness**. I use the lessons from this book every day.



www.SurvivalFitnessPlan.com/Daily-Health

Step 4. Learn How to Survive Without Money

Imagine you are traveling in an exotic country, then one day you get robbed. All your luggage, credit cards, cash, passport, everything. All you have left is the clothes you are wearing. And on top of that, today was the last day you had booked in your hotel. Could you survive?

In fact, this could happen even when you're not on holiday. Societal collapse, even temporary, is getting more common all over the world. If a big storm hits and shuts your city down, what will you do?

At times like these, a little bit of knowledge goes a long way. Even if you never have to use these skills, knowing them frees your mind like you would not believe.

Train in subjects like survival and self-defense until you can say the following:

“Even if I was in the wilderness or an urban disaster with nothing but the clothes I was wearing, I would survive. I have the knowledge and skills to protect myself and my loved ones.”

Once you can say this, not only will you be mentally free, will discover a new confidence inside of you. Also, you can use your skills to help others.

There are quite a few subjects that are helpful to know when it comes to survival. The following six are the most useful. Learn them first.

- Emergency first aid
- Escape and evasion
- Parkour
- Self Defense
- Water survival
- Wilderness survival

Take Action!

- Choose one of the 6 subjects listed that you have the most interest to learn.

- Head on over to www.SurvivalFitnessPlan.com and put yourself through the training schedule for that subject. Plan out the exact times when you will train and stick to them.
- Once you have completed one subject, move onto the next one, then the next, and so on.
- Make it your goal to learn everything on the Survival Fitness Plan website. Once you do, you will have the knowledge to survive almost anything.
- There is a lot of information on www.SurvivalFitnessPlan.com, and it is growing. Don't get overwhelmed. Pick one skill to study. Learn it, then move onto the next.

Step 5. Eliminate Debt

Debt is a freedom killer! If you are in it, do everything you can to get out of it. And if you have none, NEVER get into it.

Note: You can still live a life of travel if you have debt (I did it for almost 10 years), but you will never truly be free unless you get rid of it.

There are 3 mini-steps in step 5. Even if you are already 100% debt free, or you don't mind traveling with debt, you should still go through them.

For those of you that are willing to travel with debt, at least pay off high-interest debts. Anything over 15% is high interest.

Reduce Your Expenses

When your goal is to reduce your debt as fast as possible you must reduce your expenses as much as you can. Get to where you only have to pay for things that are necessary for a basic living standard. Food, rent/mortgage, electricity, etc.

Luckily for you, being a minimalist is very conducive to this.

- Want to get a small loan to buy a better car than your neighbor? Don't do it!
- Want to join a phone contract so you can have the latest iPhone? Don't do it!
- Want to dip into your savings to buy that awesome new dress? Don't do it!

I'm not saying you can never do these things. Once you are out of debt you can spend your surplus money on whatever you want. Until then, practice delayed gratification.

*Delayed gratification is "resisting a smaller but more immediate reward in order to receive a larger or more enduring reward later."

[Definition via Wikipedia.](#)

Take Action!

- Before reducing your expenses, you have to know what they are, so if you haven't got a budget yet, make one! Here's a free template you can download.

Note: This is an excel file and will download straight to your computer.

www.MediaShower.com/img/2238/free%20budget%20template.xls

- Now that you know where your money is going, look for where you can reduce it. Adjust your budget to match your new expenses. If you need ideas, check out this article.

www.TheSimpleDollar.com/trimming-the-fat-forty-ways-to-reduce-your-monthly-required-spending

Create a Safety Net

If you were getting by before and now you have reduced your expenses, it means you have some spare money. Well, it's not spare. You need to save it. Save up until you have enough to last you at least 6 months on your new reduced budget.

This way, even if you lose your job and all other means of income, you will have enough to live. 6 months is plenty of time for you to figure out another source of money.

You do this BEFORE trying to pay off your debt. If lose your income and have no safety net you will end up having to borrow money to make ends meet. This will increase your debt, which will end up costing you more in the long run since you will have to pay interest on it.

Take Action!

- Look at your budget. Take the total monthly expenses and times it by 6. This is your goal.
- Open a new bank account. Get one with no fees. An online-only account works well. They have fewer overheads and pass the savings on to the customer (you).
- Put all your excess money into this account.
- Don't touch the money unless you have to. Pretend it is not even there. If you haven't eaten in 2 days you can consider it.

Pay off Your Debt

You may have heard people talking about good debt and bad debt. For those of you that haven't, I'm not going to bother explaining it. When it comes to achieving a life of travel and/or freedom, all debt is bad debt.

If your goal is to become rich, then go research good debt and make your millions. But remember, rich and free are separate concepts, and as long as you have debt, you will never be free.

What if I already have large debts, like a car loan and/or mortgage?

A car loan is not an issue. If you bought a car that you couldn't afford to pay cash for, I have no sympathy for you. Sell it, pay off the debt, and then buy something you can afford. Better still, use public transport. It's cheaper and better for the environment. Once you start your life of travel you won't need a car anyway.

As for a home mortgage, if you don't care about it and want to get a life of travel and freedom as fast as possible, then sell it. Use the money to pay off your debt. You might even have enough leftover to jump-start your new life.

If you want to keep the house you will fit into the "traveling with debt" category.

Take Action!

- Once you have your safety net, focus all your spare money on eliminating your debt.
- If you have many debts, pay the minimum payment for each one. Concentrate all your spare money on whichever debt charges you the most interest.
- Pay the first one off, then move onto the next highest interest debt. Continue this until you have eliminated all your debts.
- Feel a massive burden off your shoulders once you are finally debt free. Happy days!

Step 6. Work Out the Cost of Travel

Once you are out of debt or have decided to travel with debt, you can start saving money for your life of travel. To do that, you must first figure out how much it is going to cost you.

Here's what I can tell you from personal experience.

- For a solo traveler, if you travel slow and live like a local, you can get by spending **less than \$50 a day** in most countries. This includes buying flights to your next destination, visas, sightseeing, etc.
- If you want to be safe, aim for \$100 per day. This is enough to travel in more expensive countries such as Australia and England.
- Add \$30 per day per extra person. This is regardless of which country you are in.
- If you are traveling with debt, you must also add the cost of your repayments.

By traveling slow and living like a local I mean renting a place for at least a month at a time. One with a kitchen so you can cook, and if you go out to eat, eat at local restaurants.

If you like to stay in expensive resorts, eat fine foods, and party all the time, it will cost you more. On the flip side, if you don't mind living in near squalor, you can do it for less also.

Besides international flights, accommodation is the biggest expense for most travelers. When you rent a place for longer than a week you will often get a discount. When you use services [such as Airbnb](#) and rent for a month or more that discount can be up to 60% of the normal price.

If you plan to stay for a few months, then rent straight from the locals.

My usual drill in a new country is to choose a base and rent a small house or apartment for a couple of months. While there I take my time exploring whilst saving up for my next destination.

Take Action!

- Work out how much your preferred method of travel is going to cost you per day, week, and month.

Step 7. Finance Your Life of Travel

There are many ways in which you can finance a life of travel. Here are some examples.

Obtain a Large Sum of Money

By a large sum of money, I mean enough to cover your travels for the rest of your life. It could be an inheritance, winning the lottery, earning a large income and saving, etc.

Work and Save

This is the conventional way that people save up money to travel. It will work for a short vacation, a year-long sabbatical or more. You calculate how much the whole trip will cost and save up that amount. Unfortunately, for most people, using this method to save up enough for a life of travel is not practical. It will take too long if you get there at all.

You could do it in short bursts. Save up enough for a trip, and then once the trip is over you go back to work and do it again. It's very doable, but not a life of travel.

Work and/or Volunteer Abroad

Depending on what country you are from, other countries will allow you to live and work in theirs.

This is what I did for my first 10 years or so on the road.

The downfall of this is that you still have a job you "have" to go to. Often people get stuck and all they end up doing is working in a different country.

A good perk is that sometimes you get "free" accommodation which cuts a big expense.

Freelance/Work Online

If you have some kind of skill that you can deliver over the internet, this is a good option. Skills such as web design, graphic design, teaching, internet marketing, etc.

The more specialized your skill, the less competition you will have and the more you can charge.

You might even be lucky enough to have a job in which you can convince your boss to let you do it "from home."

This option can give you a pretty good life of travel. You will be able to go anywhere as long as you can access the internet when you need it.

If you can find a job where you can make your own hours, you are getting pretty close to a life of freedom. Unfortunately, you will still have to answer to someone.

Importing/Exporting

This is one method that I have zero experience with but want to try out once I have finished my other projects. I imagine it to be traveling the world finding items unique to that place. I would then sell them for profit in other countries.

Once you find a good item and the buyers for it you can create ways to automate the process. This will create a residual income.

Create an Online Business

Having your own online business will allow you to work whenever and from wherever you want. It also has the potential to create a very large income stream. Be careful though. If you don't set it up well a growing business take over your life. You'll have no time to travel!

If you do it right you will be well on your path to a life of freedom as well as a life of travel.

Take Action!

- Choose which way(s) you are going to use to finance your life of travel.
- If it is working for someone else, make sure the pay is enough to cover your living expenses.
- If it is working for yourself, make sure you are earning enough to cover your cost of travel before you set off.

That's All!

Well, one more thing. These last few steps have a big focus on money. It is important to remember steps 2, 3, and 4.

Steps 2, 3, and 4 are the true key to freedom!

They will also keep you happy and safe during your adventures.

Right! You are now equipped with the knowledge of how to create a life of travel.

Well, not completely. There are lots of gaps you need to fill depending on the exact path you want to take. Luckily, there is a ton of free information on the website www.SurviveTravel.com.

If there is something you want to know that you can't find on the website, then please ask me and I'll write a post on it. You can find my contact details at the end of this report, after the bonus chapter.

Bonus Chapter - Becoming Financially Free

You can have a life of travel without being financially free, but the same is not true for a life of freedom. As long as you following the “work for money” system you will never be free.

To become financially free, you have 3 choices.

1. **Abandon the money system.** You will need to be self-sufficient and live off the land.
2. **Get a large amount of money.** Large enough to sustain you for the rest of your life.
3. **Create multiple streams of residual income.**

I’ll assume you do not want to do number 1. Not that it is a bad thing. If I wasn’t a traveler it is probably the route I would take. But I have no expertise in it, so I can’t help you with it.

I will also assume that you are not expecting a large inheritance within the next 5 years. And in case you didn’t already know, planning to win the lottery is a bad plan.

This leaves you with option 3.

How to Create Multiple Streams of Residual Income

A residual income is one that will keep paying you even after you stop working on it. It will pay you while you play golf, travel, and sleep. And when you die, as long as you set it up right, it will pay your family for generations to come.

You don’t have to be rich to be financially free. You only need your residual income to be equal to or more than your expenses. Thanks to the internet, you can build residual income streams with little or no capital. Here is a summary plan of how to do it.

1. **Discover a passion** that you want to share with the world. It can be anything, but you should enjoy doing and/or learning about it.
2. **Create a way to share your passion with the world.** This is what you are going to use to make money. It must be something that, once created, doesn’t need your attention. For example, giving live classes would not work (unless someone else gives them). Instead, consider writing a book, making videos, creating software or apps, etc.

3. **Spread your message to the world.** Otherwise known as marketing. This is what will actually make you money.
4. **Use your profits to make ethical investments.** Ethical investments are when you invest in companies that do not have a negative impact on the world. Things like the environment, animal welfare, humanitarianism, etc. This is also a good way to give back, i.e., by backing ethical companies and products that make the world a better place.
5. **Repeat steps 2, 3, and 4.** This is so you create multiple income streams. Not only will you have more income, but if one goes bust you will have back-ups.

Take Action!

- Choose a subject to build your residual income around. It should be something you are passionate about. Something you enjoy doing and/or learning about. Something you are happy to share with the world.
- Familiarize yourself with the different ways to create residual incomes. Pick one to begin with.
- Get your hands on a step-by-step plan on how to do it. If you search around you might even find a good one for free.
- Follow the plan. Do at least one thing a day. Put each item on your calendar so you know what you need to do each day.
- Treat the income from your residual income streams like a business, because it is. Re-invest the money it generates to help it grow. What-ever is leftover you can treat as extra personal income.
- Continue to build more and different types of residual income streams. This will prevent you from getting bored and also safeguard you.
- If you want to increase your expenses, you need to increase your residual income. Only “upsized” your life when your residual income can cover it.

Free Stuff

Thank you for reading **7 Steps to Create a Life of Travel**.

If you enjoyed it, feel free to share it with your friends.

[Share it on Facebook](#)

[Share it on Twitter](#)

I am constantly creating more free resources. If you are a free Survive Travel newsletter subscriber, I'll send them straight to your inbox.

If you're not, you can get free access at:

www.SurviveTravel.com

In the meantime, if you have any questions or want to give some general feedback, you can contact me via the website. I respond to every message.

www.SurviveTravel.com/Contact

Follow Survive Travel

www.Facebook.com/survivetravel

www.Twitter.com/survive_travel

www.Pinterest.com/Survive_Travel

www.Instagram.com/survivetravel