



# The Gap Year Movement

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## Destination Discovery Guide: Choose Places That Light You Up

*Created by Amy Martinez (@gapyearwithamy) – Your Guide to Intentional Gap Years & Soul-Aligned Living*

### **Welcome!**

You've reached a point where travel isn't just about checking places off a list — it's about finding locations that feel like a deep yes.

This guide helps you choose destinations through your own experiences, inner whispers, and gentle signs from the universe. It blends thoughtful reflection with practical steps so your next trip supports real culture immersion, relaxation, discovery, and meaningful connections with people.

Perfect for a weekend solo retreat, morning journaling, or in the midst of planning your intentional reset.

### **How to Use This Guide:**

- Download, print, or open in a quiet space.
- Give yourself 10-20 minutes per section.
- Let your answers evolve — there's no pressure to decide everything at once.
- Pair it with your Vision Clarity Prompts for even stronger alignment.



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## Part 1: Look Back to Move Forward

**Your past travels and life experiences hold powerful clues.**

1. Recall 2–3 trips or experiences where you felt most alive and at peace. What common threads appeared (the pace, the people, the setting, the activities)?
2. What types of cultural moments have stayed with you longest — sharing a meal with locals, wandering quiet markets, learning a simple tradition, or deep conversations with strangers?
3. What do you want less of this time (rushed itineraries, tourist crowds, constant movement)?

**Quick Reflection:** What one word describes the feeling you want most from your next destination?

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## Part 2: Listening for Your Inner Whispers

**Tune into what's quietly calling you.**

4. If you imagined your ideal day in a new place, what would it include? (Slow mornings, deep cultural experiences, relaxed afternoons, evening connections, nature, creativity, etc.)
5. What values or experiences feel most important right now — restful immersion, warm human connection, creative discovery, spiritual resonance, or playful exploration?
6. Notice any recurring thoughts, dreams, or “random” curiosities about certain countries or regions lately. What keeps showing up for you?



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**Soul Whisper Exercise:** Set a timer for 5 minutes and free-write whatever comes when you ask: “Where does my next chapter want to unfold?”

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## Part 3: Noticing Signs from the Universe

**The world often gives us gentle nudges.**

7. In the past few months, have you had any synchronicities, overheard conversations, books/articles that stood out, or sudden urges related to a place or culture? List them.
8. What countries or regions keep appearing in your life (through friends, media, social media, or even random signs)? How do they make you feel?

**Simple Tracking Tool:** Create a small “Signs Log” page in your notebook or phone. Over the next week, note anything that feels meaningful — even tiny things.

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## Part 4: Slow & Connected Travel Blueprint

**Turn your insights into an intentional trip.**

9. Design a gentle weekly rhythm that balances:
  - Culture immersion (markets, workshops, local events)
  - Relaxation & restoration (nature, quiet time, good food)
  - Discovery (wandering, learning)
  - Human connection (conversations, shared meals, community spaces)



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10. What practical choices support real connections? (Homestays, small-group cooking classes, walking tours with locals, language exchanges, or volunteering a few hours.)

## Connection Tips:

- Stay longer in fewer places (slow travel).
  - Choose accommodations with shared spaces.
  - Learn 5–10 basic phrases and use them often.
  - Say yes to invitations with an open heart (while honoring your energy).
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## Part 5: Your Destination Shortlist & Next Step

11. Based on everything above, list 3–5 possible destinations that feel aligned.
12. What is one small action you can take this week to explore one of them further? (Research, talk to someone who's been there, watch a documentary, journal more, etc.)

**My Aligned Destination Feeling:** (Write a short paragraph describing how you want to feel while there.)

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## Closing Reflection

Revisit this guide in a week or two. Trust that the right place often chooses you when you listen.

Your next adventure is waiting — one that nourishes your body, opens your heart to new cultures, and connects you with beautiful people along the way.

## Ready to go deeper?

- Book a 1:1 Destination Clarity Call
- Join the next group retreat or coaching cohort
- Explore all free tools and paid offerings at [thegapyearmovement.com](https://thegapyearmovement.com)

Head to [thegapyearmovement.com/blog](https://thegapyearmovement.com/blog) for more stories, tools, and inspiration. Want more support designing your intentional gap year or soul-aligned life? Join the movement at [thegapyearmovement.com](https://thegapyearmovement.com) or DM me @gapyearwithamy! ✨



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