

THE TRAVEL PLANNING SHORTCUT

PLAN YOUR DREAM TRIP WITH
CONFIDENCE — WITHOUT THE
STRESS SPIRAL.



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Cultivate Traveling

WELCOME!



BECKY

Becky from Cultivate Traveling is a travel blogger who shares her passion for exploring the world. Over the years, she's learned not to put things off and hopes to inspire others to pursue their bucket list dreams.

With over 15 years of travel experience, Becky has explored destinations across the globe, while holding a special fondness for places like the Hawaiian Islands, England, and Italy.

She creates detailed guides and itineraries based on her real adventures with her husband of 30 years.

Living in the mountains of Tucson and spending summers by a Illinois lake, Becky combines her love for travel, outdoor adventures, photography, and journaling to capture each journey. Join Becky as she motivates others to turn their travel dreams into reality



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LET'S MAKE TRAVEL PLANNING FUN AGAIN



Planning your own trip should feel exciting — but with endless opinions, options, and checklists, it can quickly turn into a full-time job.

You're not doing it wrong — you're just stuck in decision overload.

Here's what this toolkit will help you do:

- Cut through planning overwhelm with a simple decision filter
- Focus on what actually matters to you (and let go of the rest)
- Create clarity and momentum in under 30 minutes

CHAPTER ONE

YOUR TRAVEL CLARITY FILTER

Planning your own trip should feel exciting — but with endless opinions, options, and checklists, it can quickly turn into a full-time job.

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THE 3-QUESTION CLARITY FILTER

Before you book anything, answer these questions. They'll help you cut the clutter, choose what matters, and plan a trip that actually feels good.

What's the feel I want for this trip?

- | | |
|--|--|
| <input type="checkbox"/> Cozy and romantic | <input type="checkbox"/> Curiosity-driven & Spontaneous |
| <input type="checkbox"/> Relaxed and slow | <input type="checkbox"/> A mix of everything – but with breathing room |
| <input type="checkbox"/> Adventurous | |

My words for the trip vibe:

Why it matters: This sets the tone for how much you plan, how fast you move, and what you say no to..

What do I care about most on this trip?

- | | | |
|---|---|--|
| <input type="checkbox"/> Amazing Food | <input type="checkbox"/> Rest & Recharge | <input type="checkbox"/> Local Culture & Hidden Gems |
| <input type="checkbox"/> Shopping or Photography | <input type="checkbox"/> Bucket List Sights | <input type="checkbox"/> Nature & Scenic Views |
| <input type="checkbox"/> Spending Time with people I love | | |

My top 3 priorities:

Why it matters: These are your “non-negotiables.” You plan around them and let go of what doesn't align..

THE 3-QUESTION CLARITY FILTER

How much structure do I want each day?

- | | |
|---|--|
| <input type="checkbox"/> I want full-day plans with clear structure | <input type="checkbox"/> I prefer having ideas, not a schedule |
| <input type="checkbox"/> I'm good with 1-2 planned things per day | <input type="checkbox"/> I want to go totally with the flow |

My ideal level of structure is:

Why it matters: This determines your itinerary style — so you don't over-plan and burn out (or under-plan and panic).

Look back at your answers. That's your travel style filter.

Use it to:

- Choose the right destination
- Say yes/no to activities faster
- Set your pace
- Build a plan that feels like you

CHAPTER TWO

**THE
SIMPLIFIED
ITINERARY
STARTER**





YOUR JUST-ENOUGH ITINERARY TEMPLATE

Map out your trip without the stress of a minute-by-minute schedule.

INSTRUCTIONS

Use this template to sketch your day with one anchor activity, some flex time, and space to explore. You don't need to plan every moment — just the ones that matter.

TIP

Use your vibe + priority filters from page 1 to guide what goes here. Only fill in what feels helpful — leave space for spontaneity!

YOUR “JUST ENOUGH” ITINERARY TEMPLATE

Use this plan to map out your trip without needing 12 tabs or a spreadsheet.

Day	Anchor Activity or Destination	Flex Time Ideas	Dinner/Evening Plans
Day 0	Flight + check-in	Walk the neighborhood	Dinner near hotel
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			

YOUR “JUST ENOUGH” ITINERARY TEMPLATE

Use this plan to map out your trip without
overwhelm.

Day	Anchor Activity or Destination	Flex Time Ideas	Dinner/Evening Plans
Day 8			
Day 9			
Day 10			
Day 11			
Day 12			
Day 13			
Day 14			
Day 15			

CHAPTER THREE

SMART DECISION PROMPTS

Planning your own trip should feel exciting — but with endless opinions, options, and checklists, it can quickly turn into a full-time job. You're not doing it wrong — you're just stuck in decision overload.



STILL NOT SURE WHAT TO CHOOSE? TRY THESE PROMPTS:

Quick questions to help you filter fast:

IF I COULD ONLY DO THREE THINGS ON THIS TRIP, WHAT WOULD THEY BE?

AM I CHOOSING THIS BECAUSE I WANT TO — OR BECAUSE EVERYONE SAYS I SHOULD?

WOULD FUTURE ME THANK ME FOR THIS — OR FEEL RUSHED?

DO I NEED MORE ADVENTURE OR MORE DOWNTIME ON THIS TRIP?

STILL NOT SURE WHAT TO CHOOSE? TRY THESE PROMPTS:

Quick questions to help you filter fast:

WILL I STILL REMEMBER THIS IN A YEAR?

WHAT KIND OF MEMORIES DO I WANT TO COME HOME WITH?

GUT CHECK: IF I FLIP A COIN AND FEEL DISAPPOINTED BY THE RESULT... THAT IS THE ANSWER!

Still feeling stuck? That's a sign it's time to simplify. You can use the "Just Enough" Itinerary to move forward without overthinking.

TRIP SNAPSHOT OVERVIEW

KEY INFORMATION

TRIP DATES:

MAIN DESTINATION(S):

TIME ZONE:

EMERGENCY CONTACT :

TRAVEL INSURANCE:

ACCOMMODATIONS

HOTEL/AIRBNB:

ADDRESS:

CHECKIN/CHECKOUT:

BOOKING #:

NOTES

TRIP SNAPSHOT OVERVIEW

FLIGHTS / TRANSPORT

DEPARTURE FLIGHT INFO:

AIRLINE/DATE/TIME:

CONFIRMATION #:

RETURN FLIGHT INFO:

AIRLINE/DATE/TIME:

CONFIRMATION #:

OTHER TRANSPORTATION

CAR RENTAL

COMPANY/DATES/TIME

BOOKING #:

TRAIN

COMPANY/DATES/TIME

BOOKING #:

NOTES

DAILY HIGHLIGHTS

Day	Location	Focus	Anchor Activity
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			
Day 8			
Day 9			
Day 10			
Day 11			
Day 12			
Day 13			
Day 14			

PACKING LIST STARTERS



CLOTHES BY VIBE

For Adventure Trips:

- ☐ Layers
- ☐ Hiking shoes
- ☐ Rain jacket
- ☐ Dry bag or packable tote

For Relaxed + City Travel:

- ☐ Comfy walking shoes
- ☐ Easy layers (cardigan, scarf, jacket)
- ☐ Neutral pieces you can mix + match
- ☐ 1 outfit that makes you feel amazing
- ☐ Swimwear (if relevant)

THE ESSENTIALS

- ☐ Passport / ID
- ☐ Credit card + travel cash
- ☐ Phone + charger
- ☐ Plug adapter (if needed)
- ☐ Day bag or backpack
- ☐ Travel insurance info
- ☐ Medications / prescriptions
- ☐ Reusable water bottle
- ☐ Sunglasses + sunscreen
- ☐ Headphones / earplugs

OPTIONAL EXTRAS

- ☐ Camera or tripod
- ☐ Travel journal
- ☐ Kindle / books
- ☐ Mini first aid kit
- ☐ Snacks for flights
- ☐ Downloaded offline maps
- ☐ A “travel day” outfit you love
- ☐ Local phrasebook or notes
- ☐ Sleep mask / travel pillow
- .

NOTES

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CONTACT US

We would love to hear from you!



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