

THE TRAVEL BETTER ASSESSMENT

Discover your travel style.

Reduce stress.

Travel better.

Travel Better™

Enjoy More.
Stress Less.
Travel Better.

WHY THIS ASSESSMENT MATTERS

Most **travel stress** is created long before a trip begins.

Poor planning, unnecessary complexity and small mistakes can **reduce comfort, energy and enjoyment**.

This assessment helps you identify your travel habits, uncover hidden stress points and discover opportunities to **travel better**.

FACT

Most travelers focus on destinations.

Experienced travelers focus on the **experience**

PART 1

YOUR TRAVEL PROFILE



1.

When booking travel, what is most important to you?

- ☐ Lowest possible price
- ☐ Good value for money
- ☐ Comfort and convenience
- ☐ Premium experience

2.

How far in advance do you usually plan trips?

- ☐ Less than 1 week
- ☐ 1–4 weeks
- ☐ 1–3 months
- ☐ More than 3 months

3.

Which statement best describes you?

- ☐ I enjoy spontaneity
- ☐ I like some structure
- ☐ I prefer detailed planning
- ☐ I optimize everything

Choose the answer that best
describes
you

4.

Do you use travel checklists?

- ☐ Never
- ☐ Sometimes
- ☐ Often
- ☐ Always

5.

How often do you compare transportation options before booking?

- ☐ Never
- ☐ Rarely
- ☐ Often
- ☐ Always

6.

Do you research your destination before traveling?

- ☐ Not at all
- ☐ A little
- ☐ Moderate research
- ☐ Extensive research

Choose the answer that best
describes
you

PART 3

ON THE JOURNEY



7.

How stressful do you find airports?

- ☐ Very stressful
- ☐ Somewhat stressful
- ☐ Mostly comfortable
- ☐ Completely comfortable

8.

How often do delays significantly affect your mood?

- ☐ Always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely

9.

How organized is your luggage?

- ☐ Very disorganized
- ☐ Somewhat organized
- ☐ Organized
- ☐ Highly optimized

Choose the answer that best
describes
you

PART 4

MONEY & VALUE



10.

How often do you exceed your travel budget?

- ☐ Frequently
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

11.

Do you track travel expenses?

- ☐ Never
- ☐ Occasionally
- ☐ Usually
- ☐ Always

12.

Do you prioritize value over price?

- ☐ Never
- ☐ Sometimes
- ☐ Usually
- ☐ Always

Choose the answer that best
describes
you

PART 5

WELL-BEING & ENJOYMENT



13.

How rested do you feel during most trips?

- ☐ Exhausted
- ☐ Tired
- ☐ Comfortable
- ☐ Energized

14.

How often do you feel rushed while traveling?

- ☐ Constantly
- ☐ Often
- ☐ Occasionally
- ☐ Rarely

15.

How much do you enjoy the travel process itself?

- ☐ Very little
- ☐ Somewhat
- ☐ Quite a lot
- ☐ A great deal

Choose the answer that best describes
you

PART 6

REFLECTION & IMPROVEMENT



16.

After a trip, do you reflect on what worked well?

☐ Never

☐ Sometimes

☐ Often

☐ Always

17.

Do you actively improve your travel process?

☐ Never

☐ Occasionally

☐ Usually

☐ Consistently

18.

Would you describe yourself as an intentional traveler?

☐ Not at all

☐ Somewhat

☐ Mostly

☐ Definitely

Choose the answer that best
describes
you

YOUR SCORE



Instructions

Give yourself:

1 point for the first answer

2 points for the second answer

3 points for the third answer

4 points for the fourth answer

Maximum score: 72 points

18 - 30 

Reactive Traveler

You often react instead of plan ahead.

Travel can feel stressful, rushed, or unpredictable. Small problems tend to create larger frustrations because there is no system behind your decisions.

Your opportunity: Build simple habits that reduce stress before the trip even begins.

31 - 45 

Casual Traveler

You do some things well, but your travel process is inconsistent.

Sometimes your trips feel smooth and enjoyable. Other times you experience avoidable stress, unnecessary costs, or poor decisions.

Your opportunity: Create repeatable systems that make every trip easier.

46 - 60 

Intentional Traveler

You already travel with purpose and awareness.

You make thoughtful decisions, value comfort, and understand what creates a good experience. Most major travel mistakes have already been eliminated.

Your opportunity: Fine-tune your travel systems and focus on optimization.

61 - 72 

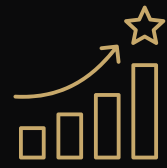
Travel Better Traveler

You travel with clarity, confidence, and intention.

You understand that great travel experiences are rarely accidental. Your systems, habits, and decisions consistently create enjoyable journeys with minimal stress.

Your strength: You focus on experience quality, not just logistics.

YOUR NEXT STEP



Based on your score, your biggest opportunity is not to travel more.

It is to **travel smarter**.

Reactive Traveler



Recommended Action:
Create your first Travel Checklist.

Casual Traveler



Recommended Action:
Build repeatable travel systems.

Intentional Traveler



Recommended Action:
Optimize comfort and efficiency.

Travel Better Traveler



Recommended Action:
Maintain and refine your framework.



Want To Travel With Less Stress?

Discover the Travel Better System™

A practical framework for planning, organizing and enjoying better trips.