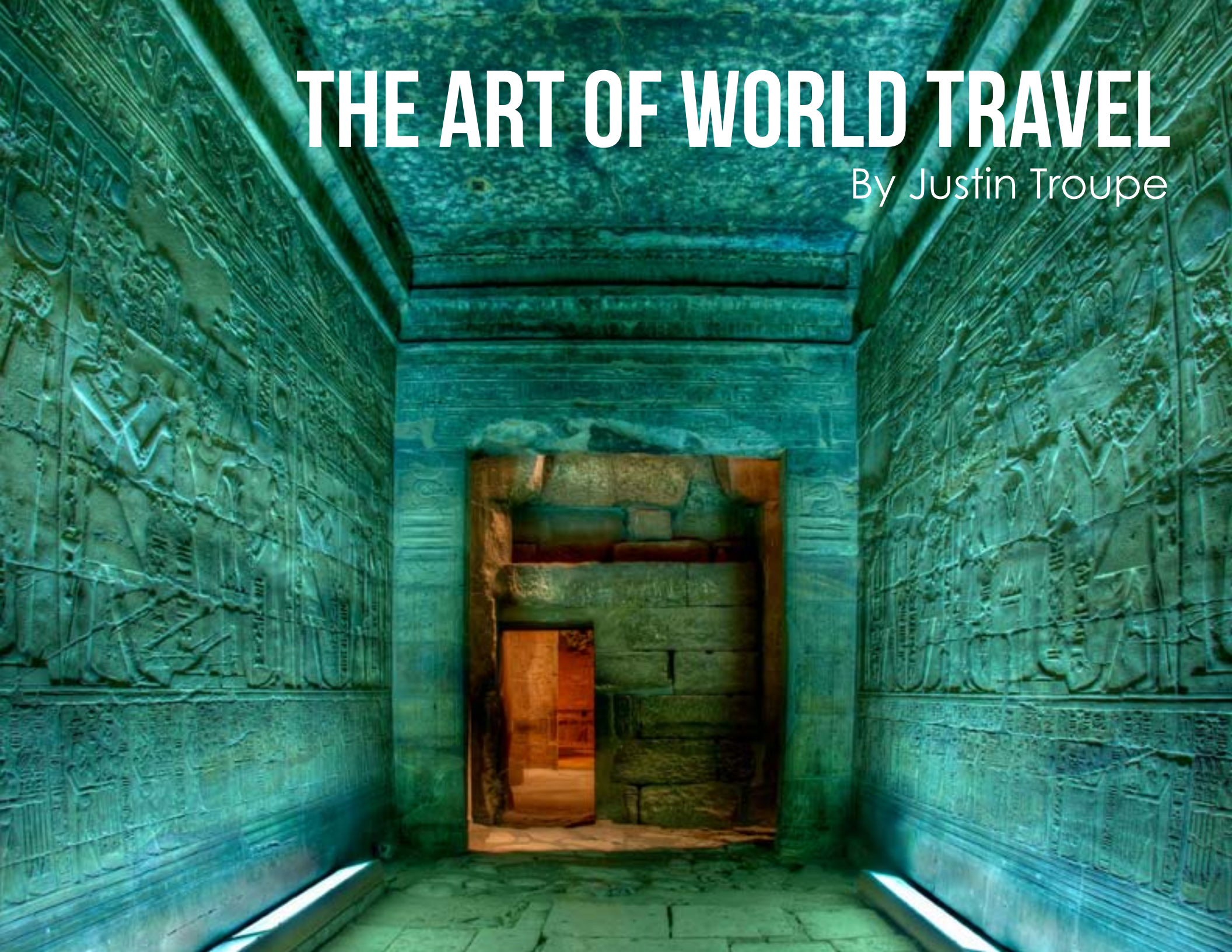


# THE ART OF WORLD TRAVEL

By Justin Troupe



**The Art Of World Travel, Copyright © 2011.**

**Important:** Please print this report or grab a journal to write in.

This paper is designed to be interactive, so you will get better results if you take the time to write down your thoughts and goals as you read it. Read it in on a beach (while swinging in a hammock) or anyplace comfortable that you wont be distracted.

I have included links to actual interviews I did with some of the people mentioned in this report, as well as links to some other inspiring content. You can come back and listen to the Interviews and follow the Hyperlinks later. It's better to go through it the first time without the distraction of a computer.



## Can you help me?

I created this mini course because over my life I have seen many people who really want to travel the world fail simply because they do not believe that they actually can.

I am not in it for the money, which is why I am giving this course away for free, and why I will allow you to email it to friends or Repost it. I really just want to get this content out to people who need it.

I do not have a big publisher behind me. I don't have big media contacts or a marketing budget.

All I have is one thing, and that is you my reader. So I am asking for your help: Can you help me spread the word?

You can email this to anyone you know that does not travel enough or is interested in seeing the world. You can also visit the website and use the buttons to tweet it, like it, or share it with your Social networks.

Thank you in advance for reading and good luck in your adventure.

Which adventure you ask? The one you are about to have after you finish reading this book.

# Table Of Contents

## Part One:

- I just found out I have 6 months left to live.
- Homeless in Paradise How a leap of faith landed me on a Caribbean Beach.
- Who should read this?
- What's in it for you?

## Part Two:

- Belief (the small thing that changes everything).
- Travel Hacking Guru: How one guy got 400 free airline tickets.
- Regrets: How to avoid becoming like these poor souls.
- A blind guy couch surfs to 62 countries (what can he teach you).

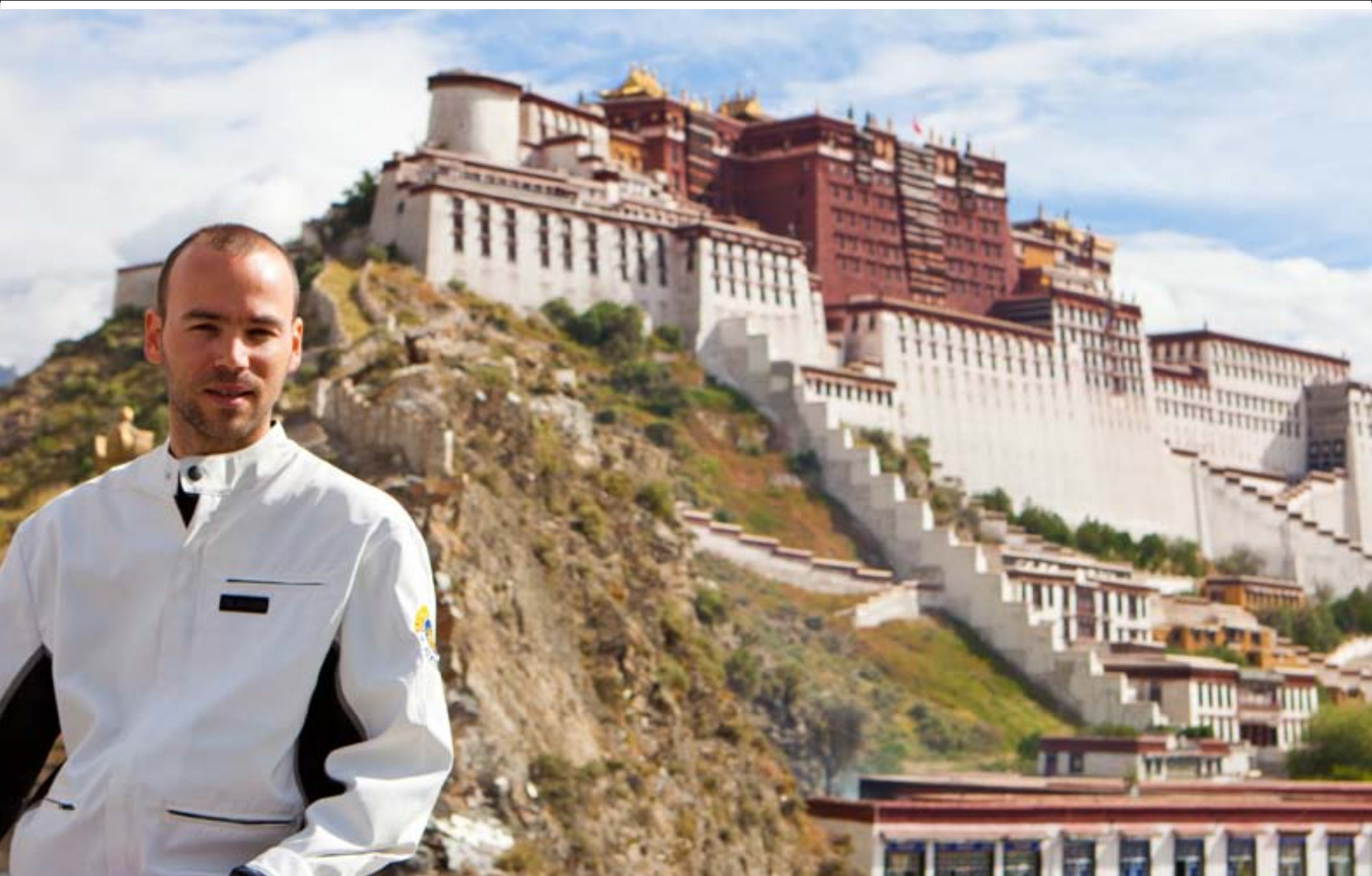
## Part Three:

Master your Mind and Conquer the World.

- 1) Vision: The Hundred Million dollar Meditation.
- 2) Create Faith: The Art of Auto-suggestion.
- 3) Passion, Passion and more Passion!
- 4) Choose your fear wisely.
- 5) Time Vampires and how to kill them.
- 6) It ain't hocus pocus just focus.
- 7) Become the change you want to see in the World.
- 8) Sex: how it can help you conquer the world.

# Part One

*I just found out I have 6 months left to live.*



## Think your way to world travel or anything else you might want.

Have you ever wondered why we admire people who travel? I'm not talking about just an occasional family vacation, but people who set out to see everything. Those who dive headfirst into the unknown and expand themselves beyond the places they are from. People who seem to be fearless, unstoppable and experience one incredible adventure after the other.

Immediately after my eighteenth birthday I got jumped on a plane and moved to the Caribbean with less than \$300 in my pocket. I slept under the stars on an incredible beach for almost a month until I got a job and a place to live. Why did I do something so drastic?

### **They'd just told me that I only had 6 months left to live.**

Well, sort of, only it was actually me that told myself. My senior year of high school I was disillusioned with school and hated where I was living (Idaho). I had one teacher (who had a PH.D. in philosophy) that challenged me to write a paper on "what would do if I had only six months left to live". I genuinely liked the teacher and writing the paper drove his point home. The first thing on my list was running away and living in the Caribbean. I realized at that moment that I needed to act or I would never actually go after my dream. Over several months, with a part time job, I saved enough money to buy an airline ticket to the Virgin Islands. At the last minute, my savings took a hit, and the week I was supposed to leave I only had \$300 to my name.

What would you do presented with such a decision? Would you listen to people who were telling you that you were crazy (basically everyone)? Or would you trust your dream and just go

for it?

I decided that my dream couldn't wait. I got on the plane, without a job or a place to stay. I didn't even know anyone. On the plane over I was nervous and excited both at the same time. After landing, I asked a taxi driver to take me to the closest beach. I hiked around half a mile and found a place that looked deserted to set up camp. The water was crystal clear and a massive hillside of jungle rose up behind me. I stashed my things in the jungle and slept right there in a sleeping bag between two palm trees. Imagine sleeping on a beach for your first night thousands of miles from home on a Caribbean island. There was almost zero light pollution on the beach and the stars were brilliantly clear. All through the night the sound of the waves lulled me to sleep. Waking up to the sunrise and the feeling of the trade winds kissing my face was simply amazing. However it was more than just the natural beauty. It was the sense of excitement and possibility that ripples through your mind in moments like this. Moments when you realize that anything is possible. After several weeks, with the help of a priest, I landed a job and a place to live.

The decision to take off into the unknown was one of the best decisions of my life. I lived in the Caribbean for six years and convinced many of my friends and family to move out there as well. It was there I discovered a passion for the ocean, spending my weekends on boats and exploring more than 60 Caribbean islands.

Living in the Caribbean changed my beliefs about life and how we have to live it. In my travels, I have met people from all age ranges and backgrounds who decided to go see the world. Once they decided (and committed to it) they found the money and the resources to make it happen.



Should I read this?

A quick disclaimer: This report is not for everyone. I wrote it mainly for people who harbor dreams of world travel but for some reason aren't following through. If you can honestly say that you would be happier never leaving your hometown and experiencing the world then I'll save you some time. Stop reading now.

What can I expect to get out of this?

The mental tools that it takes to complete any big dream. Use this manifesto to do anything, to meeting your dream partner or to climbing Everest blindfolded. I geared it towards world travel because for many it is the greatest experience people miss in life.

Are you still here?

Hang on because I guarantee that the next few pages will give you the secrets to travelling the world and living the life you deserve. As statistics show that many people only read the first chapter of a book, I'm going to encourage you to read on by simply saying this:

The only thing that stops you from achieving any goal in life is the belief that you can't have it.

Belief (the small thing that changes everything).

If you are willing to let go of that belief then you are free to use the power of your dreams to propel yourself forward. For instance, in some circuses, they take a baby elephant and attach it with a thin string to a pole. After it grows to be an adult, weighing as much as 14,000 lbs, the elephant will remain tied up only by the small

thread. What is stopping this powerful animal from breaking free? Only the belief, that it is helpless.

The belief alone stops it from running off even when it can easily break free. The moral of this story? In life, your beliefs about yourself and the world are usually the only thing between you and freedom!

Learn to cut the mental strings, and understand they are really lies. If you only learn this one thing, then writing this was completely worth it.

I firmly believe that most people are secretly harboring dreams of adventure and travel. Over the last decade, I have interviewed dozens of world travellers (for my upcoming book) and spent thousands of hours doing motivational seminars and programs. I took some of the techniques I learned over years of pursuing self-growth and designed this guide so that you can actually get the results you need with it.

So here is my first question for you. What is it that has stopped you from going and seeing the world? Not enough time, not enough money? Whatever it is I want you to write it down here.

The truth is that whatever answer you wrote down has served a purpose. The purpose was to make you feel better about not going for what you really want. If we have a story about why we can't have something we want it is less painful. That's because it stops us from feeling like failures. True success is going after your real dreams, not hiding from them.

## **My question is, how much more pleasure would you get to experience by living your actual dream?**

The neat thing about beliefs (or stories) is you can just replace them. What are you willing to change about your story so that you can experience your dream? Write it down here.

---

---

---

---

Are you really willing to look back on your life someday and realize that you missed your chance? Imagine laying on your deathbed and looking back over the timeline of your life. What things would you want to change? List them here.

---

---

---

---

These are the real questions we rarely ask ourselves, yet some of the most powerful things to ponder. We can think about them now while we can still do something about it, or we can think about them “someday” when it is too late. Death is one of the most powerful motivators you’ll ever have. We all have to face it one day and it can be our greatest ally if we choose to use it wisely.



# Part Two

*One guy & 400 free airline tickets.*



“

*Reach high, for stars lie hidden in your soul.*

*Dream deep, for every dream precedes the*

*goal.” ~ Mother Theresa.*

If you answered that money is your main problem, [listen to this interview](#) I did with Rick Ingersoll from [The Frugal Travel Guy](#). Rick has become somewhat famous after earning 10 million miles and hotel points in only nine years simply by hacking credit cards and travel programs (which are worth hundreds of free airline tickets or months of free hotel stays). Rick has been to 61 countries with many of those trips being for free. I personally earned 800,000 miles within 4 months of following him.

Travel hacking is not limited to loyalty programs, it's also any way you can travel for free or trade some kind of service in exchange for travelling. There are lots of ways of doing this, however everything starts first with your intention to get out there.

Bronnie Ware who is a palliative care worker (someone who provides care for the last weeks of a human's life) wrote a book called [“The Top 5 Regrets of the Dying.”](#) She discovered that the top two regrets people have in their last few weeks of life are these:

1) I wish I had the courage to live a life for myself and not the life that other people expected of me.

2) I wish I hadn't worked so hard.

If the thought of lying on your deathbed looking back at your life with

massive regrets doesn't seem all that appealing, now is the time to take major action. Get excited! This type of fear is the rocket fuel that can help you create massive change quickly.

My decision to move to the Caribbean changed every single part of my life. I have now travelled to over 40 countries and married my dream girl after meeting her in Puerto Rico. This year I set a goal (inspired by Chris Guillebeau of [The Art of Non-Conformity](#)) to see and photograph every country in the world. Chris is well on his way to seeing them all and has already travelled to 170. To get started on my goal last year (2011) I traveled to 26 countries on five continents. Travel is of course much more than a list of places you have been to. It gives us an ability to see the world from different angles and experience life and adventure.

## A blind guy leads the way.

What's amazing is that there are people that have only a fraction of our resources and choose to have remarkable adventures. Tony Giles is one great example. Blind, 80 percent deaf and having had a kidney transplant in 2008, you could say that Tony's been dealt a bad hand. Yet Tony has the heart of a lion. He has been to 70 countries, seven continents and all 50 American states. He's skydived and bungee jumped 12 times (including once from 600 feet). The most astonishing thing about him though is that he has done all of this alone and without a travel partner. It still blows my mind that he somehow makes it all happen with these (so called) handicaps.

## Can you imagine landing in a city like Bangkok blind and by yourself?

Tony did and now it's his favorite city in the world. If Tony can navigate the world without his sight the rest of us are at a massive advantage with ours. Check out Tony's book [“Seeing the World My Way”](#), it's a real life example of all the adventures that are waiting for you.

During my interview with him Tony told me that travelling the world taught him that blindness isn't a handicap but rather an advantage. Tony claims that it helps people to see his true personality because they see him as less of a threat. If you ever think anyplace on this planet is out of reach for you picture Tony doing all those things alone and then go for it. If a blind and deaf guy can do it why can't you?

You can read more about Tony on his site [here](#)

You can listen to my [interview with Tony here](#).



# Part Three

*8 ways to Master your Mind and Conquer the World.*



“  
*Imagination is everything. It is the preview  
of life's coming attractions.*  
”

*Albert Einstein.*

## 1) Vision: The Hundred Million dollar Meditation.

Albert Einstein once said that “imagination is a preview of life's coming attractions”. To get myself excited to see the world I spend a lot of time looking at amazing images of it and researching which destinations get me most fired up. The first time I moved to the Caribbean for example I ordered a pile of cruise ship catalogues and covered my walls with photos of magnificent beaches.

When you see a compelling vision of what is waiting for you, you'll be unwilling to let it go. For a full article on how to create your vision read my article [Vision Training 101 here](#). It's hosted on a site called “Upgrade Reality”, which is run by a very remarkable guy named Diggy.

Here's a quick summary of my post: In order to make any dream come true you first have to visualize it. Vision creates the energy we require to realize this goal and make it a reality in life. The things we see clearly and with conviction become real.

### Still not convinced?

A California woman named Cynthia Stafford set a goal to win exactly 112 million dollars. While visualizing this goal she was extremely specific and detailed. She wrote a list of how she would spend and distribute the money. Then she visualized and meditated on

it every day for four months. At the end of the fourth month she had won exactly 112 million dollars on the lottery. I know it sounds crazy – and I'm not suggesting you play the lottery - but something bigger is engaged when you fully utilize the power of your vision.

To read this article in full [click here](#).

If you have the urge to travel but you are not sure of the destinations that will inspire you the most, call a travel agency and request a stack of brochures. You can also [check out photos of my travels here](#) or my hero Trey Ratcliffe from “[Stuck in Customs](#)”. His photos are amazing. Once you have a good goal (and a vision of it) put it in front of you every single day. Don't just look at it passively, but imagine yourself in each destination! My trip around the world collage took up an entire wall. The moment you see your goal the more motivated you will find yourself. Once you have that vision the next step is the most important.

## 2) Create Faith. The art of auto suggestion!

The vision is the goal but faith is the element that makes it a reality. Faith will help you find a way and uncover those hidden paths. Wasn't it Jesus Christ that once said that if we had the faith of a mustard seed we could move mountains?

### But what is faith?

Faith is a decision to believe in something so strongly that you become unshakeable. It's a feeling of certainty that something will happen and you will find a way. It's constant mental conditioning to reinforce your belief (with whatever evidence you can find or create) that your vision will be successful.

What most people don't notice is that building faith is an active process.

## How can you increase your faith?

1) Go over your past success and realize you have done many things that once looked hard or impossible. As hard as learning a language might seem to most grown ups, you once did it at the age of 3 .

2) Go talk to someone who has already achieved your goal or something similar. When looking for inspiration, select the person you ask wisely. If you tell a high school teacher you are becoming a movie star they may tell you to be reasonable and go to college. Go talk to a successful actor instead. You will receive a completely different belief system from someone who has achieved what you want.

There is a big difference between thinking something is possible, and feeling 100 percent confident about it. If you talk to someone that has already done it, they will have absolutely zero doubt that it can be done.

“  
*One of the reasons people stop learning  
is that they become less and less willing to  
risk failure.*” ~ *John W. Gardner*

Remember that the bigger the dream, the more it's likely that certain people will feel threatened by it and react negatively. When you succeed, it may remind them they failed to try. Instead they may try to “protect you” by recommending something safer. In reality failure at anything is part of the learning process, but it's not really failure if you keep going. In life the only real failure is not to try in the first place.

Successful people fail, they simply fail forward faster. Meaning they learn and keep moving rapidly toward there goal.

“  
*We are shaped by our thoughts; we  
become what we think*” ~ *Buddha*

## What the heck is auto suggestion?

Basically it means to combine your goal with an action plan and repeat it to yourself daily. Anything that we repeat to ourselves over and over with confidence becomes a belief. Advertisers use this fact to make us spend money, but we have the ability to use it to influence ourselves.

### For instance:

I am so grateful I completed my first trip around the world. The money came to me easily because I set aside \_\_\_\_\_ amount every month. I love choosing experiences instead of products. Here are all the things I am committed to doing in order to make it happen.

### Then make a list of all the things you need to do.

---

---

---

If you need help to organize the mental clutter of a big goal (like 6 months of travel plans) try a Mind Map. They are great for organizing complex things in a visual way.



## Create cause and effect belief systems.

When you repeat your end goal in the positive and past tense and strengthen it with a specific plan of action, your faith becomes unstoppable. Most people let their inner monologue wander around on its own. To use your true potential in life you have to take the reigns of your own thoughts and direct them with a specific intention. Giving your self a list of concrete actions is the key to autosuggestion. What happens is that as you start to actually do your list your mind has the expectation of the goal. You have told it repeatedly that when \_\_\_x\_\_\_ happens then you will receive \_\_\_x\_\_\_ In return. The more baby steps you finish the stronger your belief that you will make it happen. It builds momentum and makes you unstoppable.

**What autosuggestion do you need to make it happen?**  
**Brainstorm here:**

---

---

---

---

## 3) Passion Passion and even more Passion!

Anthony Robbins famously ends his communications with the quote “live with passion”. It’s a tough request because most people rarely are passionate about their daily lives.

**What exactly is passion anyway?**

Passion is an overwhelming sense of enthusiasm about something. It’s a natural excitement that is contagious. Passionate people quickly rise to the top because they are enjoying themselves and other people appreciate the enthusiasm. The easiest way to create

passion is to go after something in life you love.

1) Find things in life you are naturally the most enthusiastic about. Use the energy you get (for things you love) to create value for the world. If you can learn to make money at something you truly love, life will seem less like work and more fulfilling.

2) Spend time emotionally celebrating the things you are proud of in life. If you are not in love with your work you can either change your employment or learn to fall in love with it. The way to do that, is to fall in love with the end goal; i.e.] providing for your family, saving for your dream vacation etc. Have more passion for what you do and the sky is the limit.

What travel dream are you truly passionate about? Have you ever wanted to hang glide over a rainforest in Australia or swim with dolphins in Bali? Have you ever wanted to see Everest from base camp or listen to an opera in Tuscany?

**Whatever it is, write down an experience that would be one to remember your entire life.**

---

---

---

---

**What 2 things that you are committed to doing to make this dream happen?**

---

---

---

---

**What has stopped you in the past, and what are you willing to do to make sure it never stops you again?**

---

---

---

---

## 4) Choose your Fear wisely.

Fear can be your salvation in life or a death sentence depending on what you are afraid of. If you ask a world traveller what they are afraid, of they may say missing out on life. They may be afraid of running out of time before they actually experience as much as they want in the world. On the other hand, someone who has never left his/her hometown may be more afraid of the unknown. People typically are most afraid of things outside of their comfort zone. As you expand your circle, (of things you've already done) it is much easier to try new things.

**What fear could prevent you from travelling the world?**

---

---

---

---

How can you be more afraid of the opposite, (or in other words) how can you be more afraid of missing out on your dream. The more real your fear (of missing out on your dream) becomes the more action you will take, and the faster it will show up.

I admit I was afraid to quit my job and take a trip around the world. I had a career with the same company for 10 years and was making an extremely good income. I moved forward because I finally decided that no amount of money could ever replace experiencing the world.

“  
*When we do the thing we fear, death of*  
”  
*fear is certain* ~ *Anonymous.*

## 5) Time Vampires and how to kill them.

I realize that one of the biggest challenges for most people is creating the time to work on a goal like this. In today's world people are bombarded by things that make zero contribution to their real happiness. The reason I got on a plane to go to the Caribbean was that I got in touch with my own mortality. In other words, life is already short. It makes things even worse when we allow time vampires to get most of our time.

## What do I mean by Time vampires?

It isn't a lack of time that stops people from living their dreams; it's how they use it.

Here, is what the average American spends their free time on.

7 hours per day watching TV.

1.5 hours on Facebook.

That's also 60 hours a week people are exposed to advertising, which is terribly disruptive to your mind. Advertising during prime time, averages 36 percent of the total time per hour (counting brand appearance's and commercials). During late night talk shows total advertising time averages 49 percent. That means advertisers just in TV alone are getting between 20-30 hours of time to condition us to buy their products. Imagine what life would be like, after spending that time conditioning your mind to fulfill your dreams. For most people killing their TV would allow them to achieve anything. While backpacking in Europe, I met a teacher named Brian who was travelling for the summer. He worked in the evenings for a year as a bartender to save up the extra money. He essentially traded one year of face book and television for one of the peak experiences of his life.

Would you exchange some of your TV and Facebook time for a chance to see the world?

**What would you want to do and see if you had six months left to live?**

---

---

---

---

If you ask yourself this question with sincerity, you will immediately find out what's most important to you. You realize that there is no time for bullshit, and you instantly get clear about what actually matters. Once you have an answer like this, go do something about it. Failure to complete goals like this is the single greatest regret from people leaving this world. Decide today not to be one of these poor souls.

If could meet yourself when you where a child, would the child version of you be proud of what you have done with your life?

## 6) “It isn't hocus pocus, just focus” - Travis Barry

All top achievers learn to focus and gain access to their abilities when they need them the most. They somehow get results that look like magic to the world. We all had times when we wanted something so badly we pulled off an enormous victory. We also had times where we where so scared of something that we tapped into almost superhuman like abilities. Focus is what happens when you are in touch with your deepest motivation. It's the reason some people always seem to succeed while others drift along aimlessly in life.

**So how can you create and maintain, a state of razor focus?**

1) Get deeply connected to your dream. Allow anything that may distract you from your intention to go by the wayside.

2) Spend some time using your imagination. What will it look like, how will the food taste, what will it be like to jump into another culture. See yourself there in every detail and you will find yourself there in your life.

2) Use the power of pain to propel yourself forward.



## What is it going to cost you if you don't stay focused on your dream?

---

---

---

---

Get really clear on what you will lose until you get focused like a laser beam. Once you have it make sure to use this leverage on yourself. When you have a time that you are not following through, make sure you remind yourself what's at stake. Don't just do it intellectually but get emotional about it. After all, motivation and focus are emotional states.

When you are in the heat of battle, and things don't seem to be going well ask yourself the following question.

What is the most important thing right now (keeping your end goal in mind)? Then make sure you don't sacrifice what's most important for something that happens to sound more urgent!

## 7) Become the change you want to see in the world!

Even unpleasant emotions often have a positive message. Many outstanding achievements only happened because someone used failure as fuel. The key is to take your frustration and use it as energy to propel you forward faster. When progress is slow, when you get frustrated, go out and take enormous action. Gandhi said, "Be the change you wish to see in the world". He managed to peacefully defeat the British occupation and free an entire country. How did he do this? He got people to channel their anger into peaceful action. Instead of creating more violence they peacefully protested. The more innocents the British killed the worse they

looked and the more the country united behind Gandhi. In the end, Gandhi freed India and kept it from a civil war by transforming anger (at unjust treatment) to create peace.

## Are you content with life and the world the way it is now?

---

---

---

---

## What are you ready to do to change things?

---

---

---

---

When you are upset, use it as fuel. Create the world you want to live in by being the change you want to see. If you are frustrated with the life that society designed for you, then break out of the mold and experience life however you want!

## 8) Sex: How it can help you conquer the world.

More things have been accomplished for sex than almost anything else. It's often the real motivation for doing many things, especially hard or adventurous ones. Throughout history men have climbed mountains, invaded countries, and broken through almost every obstacle imaginable to get the girl.

**How would travelling the world improve your chances with the opposite sex, or if you already have a partner for life how will travel bring you magical moments together?**

---

---

---

---

**Imagine who you and your partner will become after seeing the world**

Imagine your life after achieving your goal. Think about who you will become and how much more appealing it will make you.

**How to lose 100 pounds in 15 minutes.**

There is tremendous motivation in sex and relationships. I once had a fifteen-minute conversation with a friend that was about 120 pounds overweight. He was always in the hospital and clearly suffering, but he did not believe in his ability to change. I asked him a series of questions and had him explain to me all of the ways his obesity was hurting him, starting with his health. I helped him visualize 30 years of pain if he did not change. He told me how he would die young, and how doctors said he had already shortened his life by 10 years. My questions were visibly having an impact on him, but I still didn't believe it was enough to create change. I got him to tell me how he was never going to get the girl of his dreams until he got himself healthy. It was the last straw for him, and he got highly motivated. I gave him some straightforward steps to take with his diet, and 6 months later he had lost over 100 pounds. With any goal it is not just about accomplishing the goal, but who you are going to become that truly matters.

Whatever dream you choose, fight for it tooth and nail. Play it to the bone and choose your dreams over fear. Choose your dreams over other people's doubts. Choose your dream instead of watching other people live on Facebook. Choose your dream and the whole world will help you.

I hope you have enjoyed this paper. The things I have shared with you have given me and many other people real results. I know that if you will do the exercises and get real with yourself, you will be utterly blown away at what will happen. If you made it all the way to this point, and did not fill in the blanks then please go back right now and fill them in right now. There is an enormous world waiting for you out here, it's up to you to make it happen and get on the plane.

Thank you for reading and please share this with someone who can use it. I have made it creative commons so if you have a blog feel free to post it on your own site. Please provide attribution (a link back to the Endless Weekend) in your post and leave it unaltered.

*Sincerely*  
*Justin Troupe*

“*The world conspires to help those that are in love with the beauty of their dreams.*” ~ *Eleanor Roosevelt.*

For More Information  
Please Visit [www.TheEndlessWeekend.com](http://www.TheEndlessWeekend.com)