

AUTHENTIC EXPERIENCE CHECKLIST

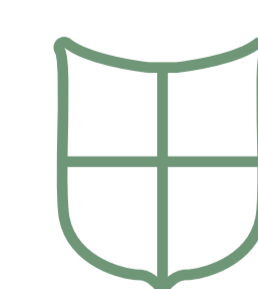
Authentic has different meanings for every person. Planning a trip or excursion? Or designing an experience for others? With a little thought, you can optimize your experience based on individual needs. Use these questions to help define what experience can best suits you.

Are you ready to learn something?



Be willing to accept change and learn about others (or yourself!) **Let go of your biases** and assumptions.

Do you feel safe?



Safety is essential. There are different levels which includes external and internal factors like confidence and mentality.

What is the most desired outcome?



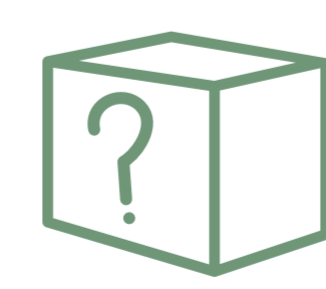
Predefined goals and outcomes can be small or extremely outlined. Take time to make it clear and let it guide your experience.

What makes you feel alive?



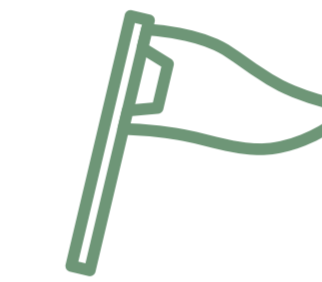
Are energized by new people or through pure nature, or both? Immerse yourself - "**Life begets life**" (Sarah Bernhart).

What's the X factor?



The most essential element of these experiences can be **difficult to explain**. Focus on the feelings over the details to replicate that experience.

How much tourism is acceptable?



There can be a lot of **tourism in travel**. Consider historical and iconic elements carefully and look for less tourist filled alternatives.

What is holding you back?



Allow yourself to be in the moment and away from the "every day" tasks to enjoy **freedom**.

Are we thinking the same thing?



Take time to clarify goals and **different definitions** for authenticity for each person. Meeting different goals within groups can be hard to balance.