

The Travel Regret Prevention Guide



Because the worst trips aren't disasters—they're the ones that *almost* lived up to the hype.

If you've ever taken a trip that looked great on paper but didn't feel as good as you expected...

this is for you.

Let's talk about the kind of trip no one really talks about

You know the one.

The trip that:

- looked amazing on paper
- had all the "right" pieces
- checked all the boxes

And yet somehow...

it didn't quite land the way you expected.

Not bad.

Not a disaster.

Just... not as good as you hoped.

That's not a destination problem.

And it's usually not bad luck either.

It's a pattern.

And once you see it—you can fix it.

Why this happens

Most people plan trips based on:

- what looks good
- what sounds exciting

- what they don't want to miss

But they don't plan based on:

how they actually travel best

So the trip makes sense...

But doesn't fully land.

And that's where regret shows up.

Not in a big, dramatic way.

In the quieter moments.

The overpacked day.

The under planned afternoon.

The perfectly nice experience that somehow didn't become memorable.

The 4 most common travel regrets (and how to avoid them)

1. “I tried to do too much.”

This is what happens when your trip turns into a mission.

You’re moving quickly.

Trying to see everything.

Making sure it’s all “worth it.”

And on paper, it can look impressive.

But in reality, it often feels rushed—and harder to actually enjoy.

What this usually sounds like:

- “We were busy the whole time.”
- “I need a vacation from my vacation.”
- “We did a lot... but I don’t know if I really experienced any of it.”

Why it happens:

Because it’s easy to confuse more with better.

Try this instead:

Choose fewer, better experiences.

Ask:

- What do I actually want to feel on this trip?
- What can I remove to make space for that?

A trip doesn’t get better because it gets fuller.

2. “I didn’t plan enough.”

This one sounds freeing at first.

More flexibility. Less structure. Go with the flow.

Until you’re:

- hungry
- tired
- in an unfamiliar place
- and suddenly responsible for making every decision

That's when "flexible" turns into frustration.

What this usually sounds like:

- "We wasted time figuring things out."
- "I wish I had booked a few things ahead."
- "I wanted freedom, but this felt chaotic."

Why it happens:

Because flexibility still needs support.

Try this instead:

Create a minimum viable plan.

You don't need a packed itinerary—just a few anchors:

- where you're staying
- 1-2 priorities per day
- anything that needs booking

A little structure protects the vibe.

3. "It was nice... but something was missing."

This one is subtle.

Nothing went wrong.

The trip was good.

Comfortable. Easy.

And yet...

it didn't quite stick.

What this usually sounds like:

- "It was nice, but not memorable."
- "I expected it to feel more special."
- "Everything was good... I just wanted more."

Why it happens:

Because playing it too safe can flatten the experience.

Try this instead:

Add one thing that stretches you—just a little.

Not chaos.

Not stress.

Just one experience that adds depth:

- something local
- something slower
- something slightly outside your default

The memorable part is rarely the most perfect part.

It's the part that made you feel something.

4. "I thought this would feel different."

This one hits deeper.

Because sometimes what you're booking isn't just a trip.

It's relief.

A reset.

A hope that you'll feel better.

And sometimes you do.

But sometimes...

you come home and realize it didn't quite do what you needed it to.

What this usually sounds like:

- "I thought this would reset me more."
- "I still feel off."
- "I'm glad I went... but it didn't quite do it."

Why it happens:

Because you planned around what you wanted to escape—not what you actually needed.

Try this instead:

Ask:

What do I actually need from this trip?

Not where should I go.

What do I need?

- rest

- inspiration
- connection
- quiet
- ease

When that's clear, everything else gets easier.

So what do you do with this?

You don't need to:

- become a different kind of traveler
- plan a completely different kind of trip

You just need to:

make better decisions for how you travel

That's what changes everything.

And if you're thinking... "this makes sense, but I still want help"

That's exactly where I come in.

Because knowing your patterns is one thing.

Planning a trip around them?

That's where most people get stuck.

I help you turn this into a trip that feels:

- aligned
- intentional
- actually enjoyable

Ready to plan your next trip differently?

If you want your next trip to feel better than your last one:

Get help planning your next trip

No pressure—just a conversation to see if it's the right fit.

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