

Exploring ‘the moving mindset’: the role mindset plays in impacting the overall moving experience.

(Group 04: Jack, Prachi, Sagarika)

SURPRISES & BIG THEMES

- **Calm their nerves** > Sometimes **movers** work towards providing a good service by **being therapists** for the day.
- **Coping with uncertainty and surprises** > “People are moving everything they have and **giving it to an unknown agent**. There is always a **fear** associated with **uncertainty** and worry about meeting the target day.”
- **Life events and Reason for moving impact/guide the feelings and moving decisions** > “We were done with SF. It's expensive; hard to label the feeling. We were looking for a place that felt like home where the people felt like home.”
- **Nomadic vs. Rooted** >
Anj: “I have moved every year and each move has been terrible. It is such a headache. I hate hate moving!!”

Sha: “I get bored. I like moving. Sort of extension of travelling. Love to explore. I like to move every 3 or 4 years.”
- **Perception of tasks** > some found unpacking exciting, others exhausting.

EMOTIONS & STORIES

MINDSET

- Ja: "It was stressful, but at the same time I was happy with the fact that I was moving to a new home."
- Mo: "Moves can be stressful because there is some life shift that is happening that necessitates the move in the first place."
- Ana: "Startup journey ended on a bitter note..financially and personally. Just wanted to leave the country! I think that energy went into the move as our stuff arrived damaged and broken at Dubai. It was like the movers thought just shove it in and pack it up."
- Ana: "I was more worried about- what if the place doesn't feel like I belong here. What if I feel the urge to leave the place in a few years?! I tend to think of these aspects over logical ones."
- "Just anxiety about how the place will treat us."
- Ka: "I get over moves really fast. Because when you look back they were so stressful and challenging and with covid there was another layer of stress."
- Ana: "My husband and I, we constantly remind each other- we move so much, we have been through so much hell in the past that this move is nothing in comparison. It's just about getting perspective in the end."
"It's just a move and if anything god forbid goes wrong, we can always come back."
- Ana: "I get excited by the thought of moving, of traveling. I don't even need planning. Even if I get a week, I'll figure it out. But I no longer want to move, ever. I want to hit pause for the next 5 years. I don't know what it feels like to be settled. I want to experience that."
- Ma: We planned to pack all day and leave the following morning, but the packing took longer than expected so we were up till after midnight, then we were so amped up with energy we decided to just leave right then--we had two small dogs with us.

- Mo: I think **you feel settled in stages**: after furniture is bought, then after decorations are done.
- Ma: “It was a great feeling, a fresh start. We were moving back into our old home so it felt familiar and comfortable.”
- Ana: “I have aligned myself to become adaptable because what happens after the move is so exciting.”

UNCERTAINTY / UNEXPECTED SUDDEN EVENTS

- Abh: “Once you start **packing it’s shocking how much stuff there actually is**. That took time.” Anj: “Pack, unpack, you end up accumulating so much stuff.”
- Sha: “**Each move is progressively difficult**. We accumulate more stuff to move.”
- Sha: “When to pack was a point of confusion. We decided to carry stuff only what was necessary.”
- Ka: “moving is the **most stressful thing we have ever faced as a couple**. You always get into fights, about what to take and let go, and end up arguing. Physically draining.”
- Sha: “Was **shocking** for Kanika as it was her **first time moving**. But I expected this amount of work.”
- So: Also, this was our **first time moving**- so we **learned** a lot of things too!
- So: Both times it has happened with us, that we have liked something, gone back and it was already gone, booked by someone else. We were disappointed, it had been a long day. **By then we were used to disappointments, its a long process.**

OUTCOME

- Mo: “Relief after so much stress of finding the right place and other places falling through. Eager to begin unpacking.”
- So: “The day we arrived here, we were hungry and tired.”
- Ja: It felt wonderful, light, amazing, brilliant. Love the natural light in the new flat. It marked new beginnings.
- Ay: “Very happy. thrilled with fantastic sunlight. Amazing feeling in a new house.”

Abhi: “But overall we were very happy once in the apartment, the balcony and the view and the sunlight pouring in.”

HACKS & WORKAROUNDS

- Ana: “I didn't lift a finger. For the first time in my life, I felt so liberated. My husband ensured he picked up all the slack.”
- Ma: “We had lots of professional help moving, packing, decorating. Without that we would have been totally buried.”
- Ana: “We found an agent through a contact 2-3 weeks before the move to find us a rental property. We didn't want to go through the hassle of looking for a rental ourselves.”
- Sha: “I put an inventory of to determine what was needed to be carried and what not; calculating the cost of moving that stuff vs. what they costed us. To Avoid unnecessary shipping cost. Even before booking moving company I started my inventory excel to avoid last minute confusion of underestimating dimensions and quantity.
- Ja: Don't stare and reminisce! (During packing)

- Ana: “We had some stuff kept in the fridge by our friends. They left some essentials, toiletries. All things were taken care of. It felt like we were home, a beautiful start. It already sowed the seed, that it was going to be amazing.”

RESULT/ INSIGHTS

The common theme arising is the intertwined connection between mindset, the uncertainty and the outcome.

1. Mindset helps you look forward and be excited about your destination (bigger apartment, new city, new job etc) than the struggles of the journey.
2. Emotions about moving interchange based on the task involved and how you feel about that particular task.
3. Mindset helps you be perceptible and deal with the uncertainties that come while moving.
4. Mindset help you bounce back and get over moves even though they can be so challenging and exhausting. It helps you transition into your new life faster.

Secondary Research:

Conducting competitive research on the theme 'moving mindset'

(Group 04: Jack, Prachi, Sagarika)

LITERATURE REVIEW

A statistic states that moving is the third most stressful event you can endure, following death and divorce. Like every transition, there is a practical element and an emotional aspect.

Most people don't equate that a practical task like moving could trigger a strong emotional response. But why not? Our environment tells us that if you stay organized and follow your timelines and checklists, you will avoid stress and chaos. While it certainly helps to stay organized, this alone will not prevent the emotional upheaval that moving often activates.

1. Moving triggers our deepest issues around control and loss.
2. Moving forces us out of our familiar and comfortable habitat

<https://conscious-transitions.com/moving/>

HOW TO MASTER THE ZEN OF MOVING?

Part 1: Practical (staying organized) | Part 2: Emotional (taking care of yourself and those around you)

<https://www.wikihow.com/Cope-With-the-Stress-of-Moving> (insightful ✨)

Barriers to overcome:

Some of the barriers involved while moving that impact our wellbeing (directly/indirectly)

1. Fear of the unknown >

Strangers handling your belongings and treasured memories is no simple thing.

2. Unfamiliarity with the process >

Moving is expensive on time and money. It also comes packed with surprises.

3. The sheer labor >

Moving takes a lot of work, and you may feel overwhelmed by the myriad details and decisions.

Strategies for success:

Emotional:

1. Don't be a Hero >

If someone offers you help. Accept immediately. You can't possibly oversee the success of your move if you are the one doing all the work. Professionals always have a clear advantage over do-it-yourselfers. There is no match to the experience, efficiency, and expertise of professional movers and cleaners. So bring them in and let them handle the heavy lifting and deep cleaning.

Utilize your support system (if you have any). Don't hesitate to get support from your good friends in the place you're leaving. If you're feeling down about the move, before, during, or after, let them know it and ask for their support.

2. Manage your mindset >

Moving isn't just about stuff; it's about you! These are not just things that need to be moved; it is your life.

Appreciating a move as a fresh start is the secret to making the whole experience ultimately joyful. There are always pitfalls and roadblocks—like the unexpected costs, miscommunication, or missing the window—but the right attitude can help all those bumps along the way feel like part of the process instead of large-scale tragedies.

“You can make changes you want to make and start over. You don’t get that many opportunities in life to get a fresh start, and I want people to take advantage of it when they do have one when they’re making a move.”

3. Think positively >

One of the greatest rewards of moving is the fact that it represents new beginnings and new excitement – a fresh landscape, new people to meet, perhaps a new and better job,” Stirling says. If you keep that in mind, you can overcome a lot of negative feelings about the changes. Combating anxious feelings with positive affirmations like “This is going to be the best move ever!”

4. Make it fun >

Think of it as a game? How we begin countdowns on calendars to help us track an upcoming event. A curated playlist to listen to while doing all the mundane tasks involved in moving.

<https://www.nybrite.com/nyc-moving-playlist/>

5. Take breaks >

Planning and completing a move until you feel settled can take anywhere between weeks to months. It’s essential to find the time to do activities that can help you when you feel overwhelmed.

“If you’re moving because of some difficult life changes, it may be a good idea to try to stay on task. Since moving will be difficult in an already difficult time, staying focused on what you’re doing can help you to move with a clear head; however, if you feel emotional, don’t stifle it, but instead, allow yourself to feel these emotions fully.”

6. Seek out new experiences >

Instead of lamenting what you’re leaving behind, search for opportunities, activities, people that are uniquely available in your new locale. It will help you have something to look forward to and work as a constant reminder when things get difficult before and while you move.

Practical:

1. Toss your trash >

Moving is a great opportunity to declutter. It can be a big stress relief and make moving easier since you'll have less to move. Often categorizing them into Sell, Keep, Donate, Trash can help speed up the process.

2. Overestimate your time >

Expect delays. Expect surprises. Expect that it will take you longer than what you have estimated and you might find yourself less stressed when all that happens.

3. Pack with precision >

Too many people assume packing is just throwing stuff into boxes. Proper packing requires some forethought and planning.. It is like an art form. Packing with a clear plan (room wise, labeling, knowing how much packing material is needed)

4. Checklists >

Strategies for couples:

Divide and conquer! Working on separate projects kept us out of each other's hair *and* off each other's backs. Moving is a lot of work, combined with many emotions including sadness, excitement, and in general, being overwhelmed. Find ways to support each other and acknowledge emotions."

Don't forget to celebrate! Don't get so caught up in the stress of it all that you forget to take a break. Celebrate the big step that you're taking by spending some quality time together. Find some time for each other amidst the chaos.

Assume that everyone is doing their best!

While being over-stressed it's easy to start blaming others. So to avoid frustration, don't ever go into thinking that you could've moved those boxes quicker, or done something better. Assume that everyone (and that includes the very late van-driver) is doing the

best they can. And focus on what you can do to help.

Remember, like every stressful event, **this too shall pass**. Be patient with yourselves and with each other. Communicate, appreciate and delegate and you'll get through it in one piece.

<https://www.nytimes.com/2017/09/27/smarter-living/how-to-move-couples.htm>
| <https://www.katbern.com/how-to-survive-a-house-move/>

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<https://makespace.com/blog/posts/best-moving-apps-services/>

Moving competitors, we discovered catered to offering solutions for either moving-related pain points or overall improving the wellbeing of the individuals involved. So we focused on the two main categories: Wellbeing/Mindset and Moving solutions and captured learnings within each.

COMPETITIVE LANDSCAPE + ANALOGOUS RESEARCH

Associating Indirect competitors with our HMWs and capturing learnings:

1. Moved App

[Link](#)

HMW:

- How might we help people feel prepared, positive, and calm so they can deal with the unknown of moving?
- How might we help people look forward to the experience of moving and the work that comes along with it?

SERVICE:

It is a moving concierge. It provides information about the neighborhood people are about to move into.

COMPETITION:

One of the major concerns that bother people moving is about the uncertainties that come along with moving. They wish to be prepared so as to avoid any unpleasant surprises on reaching the new place. The moved app deals with the same, connecting with the new communities in the neighborhood.

2. Zen Movers

[Link](#)

HMW

- How might we reimagine moving as a meditative process?
- How might we help people feel prepared, positive, and calm so they can deal with the unknown of moving?
- How might we help people look forward to the experience of moving and the work that comes along with it?

SERVICE:

Zen Movers provide professional skilled assistance in moving belongings.

COMPETITION:

They sought to help people feel relaxed and stay calm during the transition. They try to achieve this by claiming to offer expert help in moving their belongings.

3. Travel Well Adventures (Analogous Inspiration)

[Link](#)

HMW

- How might we help people look forward to the experience of moving and the work that comes along with it?

SERVICE:

They help curate customized travel plans based on individual requirements. They define the itinerary on the basis of factors such as budget, expected experiences, activities, and food choices.

COMPETITION:

Helps plan an exciting trip to look forward to. If a tedious process is combined with aspects to look forward to, makes it exciting and less stressful. Since these activities will include everything planned according to the user's preferences, it would help them keep going and complete the tasks actively.

4. Wedding Planners (Analogous Inspiration)

HMW

- How might we help couples grow closer through the moving process? - How might we help people feel grounded so they can deal with the complexities of a move while going through a major life change?

- How might we help people look forward to the experience of moving and the work that comes along with it?

COMPETITION:

Helps you go through a difficult process yet look forward to a big life change. All the complex tasks dealt with during the planning process feel worthwhile and enjoyable as users are looking forward to the wedding day and all the other events associated with it. Similarly, moving is a prep for a new beginning that awaits.

5. Happify

[Link](#)

HMW

- How might we help people be reminded that change is good so they keep their spirits up?
- How might we help people be reminded that moving and through it, change is an opportunity for new possibilities?
- How might we help people feel prepared, positive, and calm so they can deal with the unknown of moving?
- How might we help people feel grounded so they can deal with the complexities of a move while going through a major life change?

SERVICE:

Provides exercises and techniques for improving general well-being. They help deal with negative thoughts resulting from life challenges.

COMPETITION:

If our service focuses on helping people with a general sense of well-being and the threat that moving poses to it, users can turn to Happify to address their well-being instead.

6. Nextdoor

[Link](#)

HMW

- How might we help people be reminded that moving and through it change is an opportunity for new possibilities?

SERVICE:

It's where communities come together to greet newcomers, exchange recommendations, and read the latest local news. Where neighbors support local businesses and get updates from public agencies. Where neighbors borrow tools and sell couches. It's how to get the most out of everything nearby. Welcome, neighbor.

COMPETITION:

If our service focuses on looking forward to being part of a new neighborhood, our users might instead use Nextdoor to meet people and feel welcomed into their new neighborhood.

7. Merge

[Link](#)

HMW

- How might we help couples grow closer through the moving process? - How might we help people feel grounded so they can deal with the complexities of a move while going through a major life change?

SERVICE:

An app that helps couples divide and conquer daily tasks.

COMPETITION:

If we focus on the moving experience for couples, this will be a competitor as it is designed to help couples coordinate each others' tasks. It could enable seamless coordination and effective collaboration while easing the complexities of the moving process.

8. Sortly and Move Advisor and My Move

[Link](#), [Link](#), [Link](#)

HMW

How might we help people feel prepared, positive, and calm so they can deal with the unknowns of moving?

How might we help people look forward to the experience of moving and the work that comes along with it?

SERVICE:

MoveAdvisor is a moving timeline and checklist app. MyMove takes MoveAdvisor one step further by helping to complete certain tasks like setting up the internet and

changing addresses. Sortly helps you inventory and sort your belongings.

COMPETITION:

These apps are logistical helpers. While they don't focus on mindset, our users may not even need us if these apps provide such good services that stress disappears.

9. Hear Me

[Link](#)

HMW

- How might we help people feel prepared, positive, and calm so they can deal with the unknown of moving?
- How might we help people feel grounded so they can deal with the complexities of a move while going through a major life change?

SERVICE:

An app offering trained volunteer empathetic listeners, helping the user to find support, relieve stress and feel better.

COMPETITION:

As our users engage with our product to handle the stress of moving, they might decide to use HearMe instead, if they just need someone to talk to rather than help with logistics.

OUR PROCESS TO CONDUCT COMPETITIVE RESEARCH

Step 01: Focusing on our HMW and seeking competitors that offer solutions to each

Step 02: Exploring wild could-be solutions (the solution playground) and then seeking if similar products/ services already exist.

Step 03: Realized that our competitors were effectively offering solutions towards two main categories - Moving and Wellbeing.

Step 04: Exploring analogous inspirations

Step 05: Capturing learnings from each indirect competitor.

SOLUTION PLAYGROUND

(https://drive.google.com/drive/folders/1JY6BZR9-oWsNS_OjyGlyTniOa6JVCyS0)

1. Vision board maker to help you keep a positive goal in mind. A proactive approach to build your mindset is to clearly see where you want to go.
(list of things you wanna do in your new city/ neighborhood)
(places you wanna see) etc. -

Reminders of exciting things coming your way

2. Game-like moving process. -The moving company offers rewards after completing a set of tasks in a defined time frame. Such as awarding with hampers.
<https://immigrationgames.com/make-a-move/> (board game to help minors pick path to be released from juvenile detention centers | analogous inspiration of how games can help individuals deal with difficult situations)
3. A system that connects you with the new neighborhood, activities, and community (During/Before the move)
4. Moving company (Curator)- A customized moving experience. Offer themes for the moving experience. Customers can choose if they want an exciting/ happy or calm moving experience.

Continuing Secondary Research

Narrowing down HMWs and conducting analogous research on the theme 'moving mindset'

(Group 04: Jack, Prachi, Sagarika)

Refining our HMWs-

(https://drive.google.com/drive/folders/17d7n7IGvMOBmDpXC6I_jdZog-Q43mRFv)

We refined and narrowed down our HMWs from 8 to 3. We assessed some and regrouped/reworded them.

The final three HMWs are-

1. How might we help couples grow closer through the moving process?

2. HMW help people prepare for and look forward to the work and unknowns of moving?

Process for HMW 2:

Combined the following HMWs:

#How might we help people feel prepared, positive, and calm so they can deal with the unknowns of moving?

#How might we help people look forward to the experience of moving and the work that comes along with it?

Explorations:

- HMW help people prepare and look forward to the moving process?
- HMW help people look forward to the moving process while they deal with the work and the unknowns that come along with it.
- How might we help people deal with the unknowns of moving and look forward to the experience while staying positive and calm?

3. How might we help people feel grounded and embrace change during the moving process

Process for HMW 3:

Combined the following HMWs:

#How might we help people feel grounded so they can deal with the complexities of a move while going through a major life change?

#How might we help people be reminded that moving and through it change is an opportunity for new possibilities?

Explorations:

- HMW emphasize the positive aspects of life-changing events?
- HMW provide stability and emphasize growth in times of change?
- HMW help people deal with the complexities of the move and view change as an opportunity for new possibilities?
- HMW help people feel grounded during the moving process and open to embracing change
- HMW encourage/enable an open mindset to change to make people feel grounded during the moving process.
- HMW help people embrace change to make them feel grounded during the moving process.
- HMW help people feel grounded during the moving process so that they can embrace change

Analogous Inspiration

We followed IDEO's process of discovering Analogous Inspiration steps 1- 4

Explore Analogous Inspiration

Use this activity solo or with your team to draw insight from analogous contexts and provoke new areas of thinking.

STEP ONE:
Choose a piece of the service, experience, or problem you want to focus on.

START

STEP TWO:
Identify one emotion you want to evoke in your audience of focus.

STEP THREE:
Brainstorm other services, experiences, or solutions that evoke that emotion.
Choose one to move forward with.

STEP FOUR:
Explore how that analogous service, experience, or solution evokes that emotion.
Get specific.

STEP FIVE:
Fill in this madlib statement.

How might we make more like
(our service, experience, or problem)
?
(analogous service, experience, or solution)

STEP SIX:
Use this madlib as the framing for a second brainstorm to generate new ideas for your context.

FINISH

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Associating our top 3 HMW with emotions and inspiration examples (experiences / services / products / scenarios)

1. How might we help couples grow closer through the moving process?

Step 01	Problem/ Focus area	Grow closer	
Step 02	Emotion we wish to evoke	Tenderness / closeness/ love / empathy / belonging / protected / nurtured / connected	CHOSEN EMOTION: connected
Step 03	Similar experience / scenario / product / solution	Wedding planning / delivery labor room / prenatal classes / couples therapy / date night / couples massage / retreats/vacations	CHOSEN INSPIRATION: Couples therapy and wedding planning
Step 04	Explore how the inspiration relates to your HMW	-	

1.COUPLES THERAPY:

<https://www.thecouplescenter.org/>

Explore how The Couples Center evokes connectedness.

- From their website:
 - “create a more passionate, fulfilling connection”
 - “build a deeper connection that lasts with practical tools and hands-on resources”
 - “It’s normal for intimacy and connection to go through ups and downs — especially when you’ve been together for a long time. Discover what you both need now to fall more deeply in love”

- “Breaking free from routine and knowing how to make each other feel truly loved no matter how busy life gets”
- They also talk about communication, how to repair it if it has become strained.
- Their therapists are relationship specialists.
- Founded by a couple

STEP FIVE: How might we make moving more like The Couples Center?

STEP SIX: *brainstorm*

2. WEDDINGS:

A wedding event closely resembles the mindset one would have while moving.

There is an equal amount of stress involved as it is a huge change in itself.

Wedding brings people closer, similarly during the moving process, exploring how might we bring couples together. Working together helps reduce the stress level that might be involved and makes the entire experience less taxing.

1. How might we help couples grow closer through the moving process?

- Couples try and find time for each other amidst the chaos of planning a wedding
- Couples have time-outs when they avoid anything wedding related to maintain a semblance of normalcy
- Reignite the feeling that they are in this together and the belief they can push through it.
- Vent to their friends about how annoying the other person is / how they are annoying them
- Believe that whatever happens the final outcome will be/ is worth it
- Believe that this milestone/ event is adding value to their life, to their togetherness.
- Aware that weddings are stressful and that fights are natural at such times.
- Aware it's a temporary phase
- Remind themselves of everything they have been through together and that they will get past this too.
- Self care when they take solo time to sit with their thoughts and understand why they are doing all this in the first place
- Take help from friends and family and wedding planners to reduce their workload
- Weddings involve a large number of uncertainties and are associated with being a major life change.
- Couples manage to overcome all the uncertainties, anxieties and difficult choices while

planning their wedding, as they are constantly reminded of their future that awaits.

- Approaching the process as a team
- Curating the experience together

2. HMW help people prepare for and look forward to the work and unknowns of moving?

- plan in advance to avoid last minute panic and surprises.
- delegate tasks between each other trusting the other person will handle it
- outsource to avoid wasting any leisure time together
- ask other people who have gone through the same experience on how they went about it and learn from their mistakes
- know that no matter how well you prepare there will be unplanned surprises
- plan in advance to avoid heavy monetary decisions/ costs.
- provide any task enough time so that cancellations and other unprecedented situations can be tackled well in time
- avoid last minute bookings / it will cause you stress and anxiety
- discuss between each other so that the outcome is a cumulation of both your expectations

2. How might we help people prepare for and look forward to the work and unknowns of moving?

Step 01	Problem/ Focus area	Prepare for / look forward / unknowns	
Step 02	Emotion we wish to evoke	Excited / positive / prepared / eager / anticipating / motivated / enthusiastic, accomplished / focus / willing / engaged / determined	CHOSEN EMOTION: 1. Motivated/ Determined 2. Excited
Step 03	Similar experience	Motivated/	CHOSEN

	/ scenario / product / solution	determined marathon training, / robbing a bank / adventure extreme sports / F1 racing / mountain climbing	INSPIRATION: marathon training
Step 03		Excited: planning a trip, going to a concert, holiday gathering with family, streaming services that announce new seasons of popular shows/movies, travel agent/adventure planner, event planner,	CHOSEN INSPIRATION: adventure planner
Step 04	Explore how the inspiration relates to your HMW		

1. MARATHON TRAINING:

<https://www.strava.com/onboarding>

- “To make great efforts to achieve or obtain”
- “New ways to inspire athletes and make the sports they love even more fun.”
- “Connect with friends and share your adventure.”
- “Strava is the social network for athletes.”

Strava builds a community of athletes.
 They talk about experiencing new routes along with the community.
 It is a social network that helps athletes connect and share experiences.
 Sharing experiences and information helps eliminate the unknowns involved.

STEP FIVE: How might we make the moving process like Strava, where people are prepared for the unknown by connecting with others in a similar situation?

STEP SIX: Brainstorm

How is the moving process like marathon training where people are prepared for the unknown by connecting with others in a similar situation? (look forward to and prepare for the unknowns)

- A lot of effort goes into the preparation before the actual event
- Needs guidance and support through it
- Seeks support of well wishers and friends to stay motivated and stay on task
- Has moments when they wish to give up
- Unsure of the outcome but works towards it regardless
- Hopeful that the outcome will be positive. Everything will work out well.
- Seeks out other people who are also training at the time to learn from their experience and mistakes
- Prepares in a way to scope out all possible scenarios (like gravel on track, last minute injuries, bad weather) to be more in control of the final outcome.
- Seeks mentorship
- Prepare well in advance months before. Stay consistent. Avoids last minute preparation.
- Marathon Training requires a lot of dedication, which all feels worth it at the end. The enthusiasm and excitement of the marathon event keeps the person going and continuing with the marathon training and practice.
- Despite all the injuries and ups and downs, people manage to complete the different milestones set, so as to gain a successful outcome.
- It involves creating a customized plan according to the goals to be achieved.
- Working out and training along with someone in the same situation, keeps one motivated.
- Getting insights from a relevant, close community to better prepare
- Seeking help from personal trainers who encourages us to go that extra mile in order to get the best possible results and satisfaction at the end.

2. ADVENTURE PLANNING:

<https://travelwelladventures.com/>

Explore how TravelWell Adventures evokes excitedness.

Testimonial: "*Can't wait to book another trip soon!*"

Catered to your desires--pre-trip questionnaire and arrangements

Expert, experienced travel curators

Moving involves a significant change in life, where people are transitioning into something that is to an extent unknown. It requires keeping a positive approach and trusting the shift.