

ROAD TO EMPOWERMENT *NSI 7/1/19*

Stepping into the unknown, especially alone, is undeniably a huge feat as much as it is a daunting endeavour.

To fully understand the importance of solo travelling and the wonders it brings to the soul, let's first explore the top three benefits to solo travelling:

1 INDEPENDENCE THRIVES, PROBLEM-SOLVING SKILLS ENHANCED

Communication barriers and being lost are examples of problems that you will inevitably encounter along the way.

But facing it on your own will drive you to push past your insecurities. By hook or by crook, you will learn to fend for yourself.

The skills and lessons learnt along the way are lifelong and valuable.

2 SEIZE THE WORLD WITH CONFIDENCE

Conquering your fears and becoming progressively self-aware fuels your confidence as you come to fully understand your strengths and weaknesses when put in difficult situations.

By honing and sharpening your strengths, you'll learn to love and embrace your true self.

3 EMPATHY FOR OTHERS

On your solo journey, you are bound to meet individuals from all walks of life. Solo travelling empowers you with the ability to communicate and, most importantly, empathise with those who hail from different backgrounds.

Understanding this allows you to develop an open mind, subjecting yourself to inspire and be inspired, to better understand the world and ultimately help make the world a better place when you learn to love people different from you.