

Departure: Friday, July 30
Return: Friday, August 6



Traveling to **Gratitude**

A good trip to take this summer

What if Gratitude were a place you could actually go to?
A destination to sightsee and take in all the attractions...
...discover off-the-beaten-path restaurants only the locals know about?

Want to go?

The trip is the first week in August. Scroll down for the Itinerary and travel guidelines.

And for this adventure, don't worry about:

1. a passport
2. proof of vaccination
3. a credit card
4. luggage or the like

All your needs will be met. Just show up at the airport

[Click here](#) to **Save your seat**



Traveling to **Gratitude** Itinerary

Departure: Friday, July 30
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Friday, July 30

Travel day – A day of anticipation. *Gratitude for what you have to look forward to in life.*

Saturday, July 31

Getting a lay of the land bus tour with stop offs at various points of interest. *Gratitude for what is before you right now, today.*

Sunday, August 1

Hitting the museums and spending some time with history: *Gratitude for all that you have to be grateful for in your own history.*

Monday, August 2

Hiking Challenge Mountain – *Gratitude for what you have you come through in the past and the challenges you are encountering today that are giving you something, even if you wouldn't have chosen the gift.*

Tuesday, August 3

An Anthony Bourdain day of wandering, soaking in the culture, sampling the food and talking to the locals. *Gratitude for the experiences you have had in the past wandering around the earth, sampling life and the experiences you are having today.*

Wednesday, August 4

Diving for pearls in the Sea of Life – *Gratitude for what's below the surface in people, in place, in circumstance right now.*

Thursday, August 5

Taking off on an adventure of your own choosing – *Gratitude for what you have worked for and accomplished, how you have put your life together.*

Friday, August 6

Travel day – A day of reflection. *Gratitude for what you have had this week, for all that you have come across.*



**Northern Light
Health**SM



Traveling to **Gratitude**

Travel guidelines

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- ▶ Prior to departure and no later than Thursday, July 29, you will receive a travel document preparing you for the trip.
- ▶ All travelers will document one or more gratuities discovered each day in any of the following ways:
 - ▶ photographs
 - ▶ postcards
 - ▶ travel diary
 - ▶ a form of your own choosing
- ▶ All travelers will "send" at least one "postcard" or post one photo on the [Traveling to Gratitude Postcards & Pics Board](#).
- ▶ Each morning travelers will receive a briefing for the day ahead.
- ▶ Upon the return home, travelers will declare their gratuities in a claim form which will be provided on the travel return day.
- ▶ Upon submission of the claim form:
 - ▶ each traveler will be entered into a drawing for 7 \$100 Amazon gift cards
 - ▶ travelers who participate in Virgin Pulse will be eligible to earn up to 1,000 Virgin Pulse bonus points: 500 for completing the trip and up to 500 additional points based on the number of postcards and pics posted. (This will be declared in the claim form.) Travelers will collect 100 bonus points per postcard or pic. While there is a 500 point max for posting photos and postcards, there is no limit on the number that can be posted.