



Shannon's Inspired  
**RESOURCE**  
**LIST**

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FOR TRAVEL PROFESSIONALS LOOKING FOR MIND,  
BODY  
AND SPIRIT INSPIRATION

[www.inspiredbyshannon.com](http://www.inspiredbyshannon.com)

# Where

## TO GO?

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Information overload is a real thing. Google can be a blessing and a curse. We all know that the internet, social media, and forums are an excellent source of information, however, they can also be distracting as well.

This is why I have put together this resource guide just for you!

Travel professionals are a unique breed. I know. I am one. It is in our blood to research and research for our clients when it comes time for ourselves; we tend not to get as involved and look out for ourselves, especially when our personal well-being is concerned. Am I right?

I listen and learn best from people that I trust and that I've seen have changes in their personal lives and businesses.

I hope that you are trusting me as I have done this. I've made a big transformation in my health, business, and mindset, and I want to help others like you.

So here is your go-to resource guide. 20 of my favorite resources that I use daily sometimes. These keep me on track and inspired.

# THE LIST

## Weight Loss & Fitness

I follow the WW plan. It is a realistic and easy plan for me to follow with my lifestyle (even when traveling) and not feel deprived! Here is a [link](#) for a free month to try it!

I also recommend [www.myfitnesspal.com](http://www.myfitnesspal.com) as an alternative option that is free and helps you stay on track.

Keeping track of steps and how much you move is very important. I recommend the [Fitbit Inspire](#). It keeps track of all this and more!

Speaking of moving your body. My trainer and gym have online training and classes. The regular site for her is

[www.bccpfitnessstudio.com](http://www.bccpfitnessstudio.com), and if you want more info about her online classes, go to [www.bccpclasses.com](http://www.bccpclasses.com) or email me directly.



In the world we live in today, there are lots of options to choose from for virtual online fitness training. I train better in person and small group/class settings. Find what works for you!

# THE LIST

## FOOD

I LOVE food. I LOVE good food.

I have learned to make food a fun challenge in keeping it healthy and still eating the things I LOVE to eat and drink.

Here are two of my go to sites for great recipes that work into my eating plan and are still filled with yumminess!

[www.thepounddropper.com](http://www.thepounddropper.com)

and

[www.skinnytaste.com](http://www.skinnytaste.com)

Here are a few other sites I use to help with nutrition, food comparison and general tips on what to eat and what not to eat.

[Eat This Not That](#)  
[Foodstruct](#)  
[In Food](#)



I have a personal Facebook page that is about food and cooking. You can like it and follow along if you want.

[www.facebook.com/kissingandcookingwithrichandshan](https://www.facebook.com/kissingandcookingwithrichandshan)

# THE LIST

## MIND & SPIRIT

As the saying goes "Free your mind the rest will follow".

The importance of gaining clarity, awareness and peace of mind is priceless. Giving yourself permission to take this time on a daily basis will be the best gift you can give yourself. Here are my favorite apps to do this:

### **The Insight app**

This app has a free and paid version. I use the free version for guided meditations, meditation music, and the timer.

### **The Action For Happiness app**

A great app for affirmations and actions to take to help you and others feel joy.

### **Spirit Stream**

So many options to hear from thought leaders like Bob Proctor, Louise Hay, Deepak Chopra, Alan Watts and more.



Lexlee Overton is my go-to for energy healing and inspiration. She is an energy guru. Once we realize that everything is energy things began to shift. To connect with Lexlee and join her amazing group of Lit On Life Sisterhood [click here](#).

Often times when I am driving, doing hair, and makeup I open up my youtube app and search for **Abraham Hicks**. They are by far my favorite to listen to about the law of attraction.

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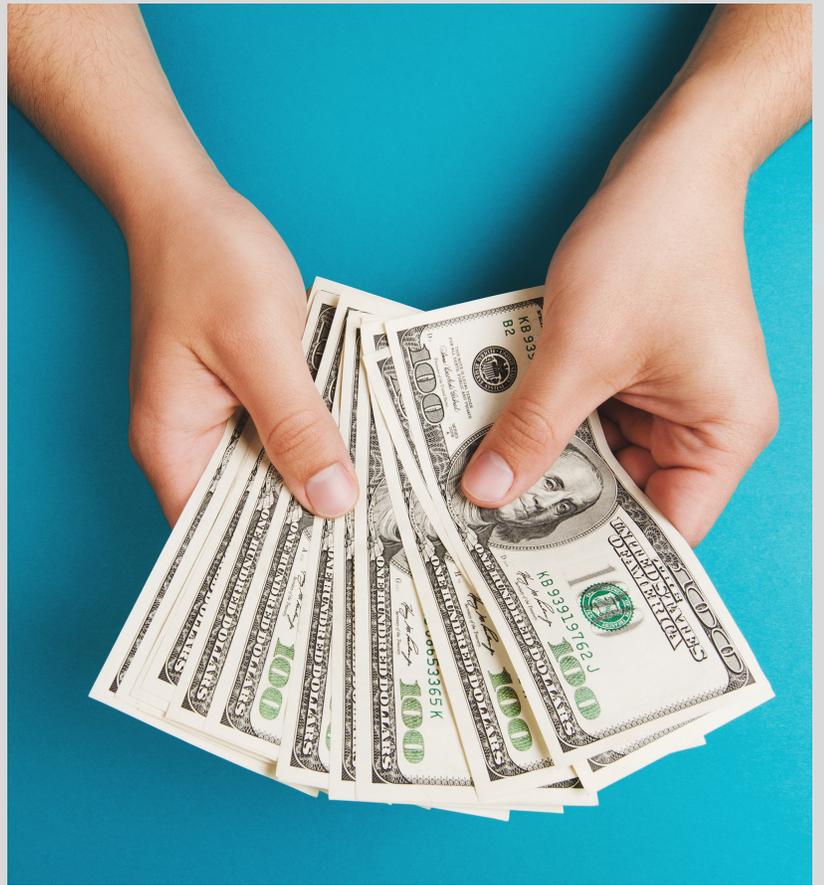
## Financial Mindset

It was a block for me for so many years and I see now how it blocked other avenues in my life.

I have a great book that I look back on that I read called: Money, A Love Story: Untangle Your Financial Woes and Create the Life You Really Want

and

I absolutely love Chellie Campbell, the author of The Wealthy Spirit. I keep her book at my desk and I am in a private Facebook group that she hosts for daily financial inspiration. Her site is [www.chellie.com](http://www.chellie.com)



# THE LIST

## Productivity

Time, precious time.

Everyone has the exact same amount of time in a day, yet how do more people do more with their time than others?

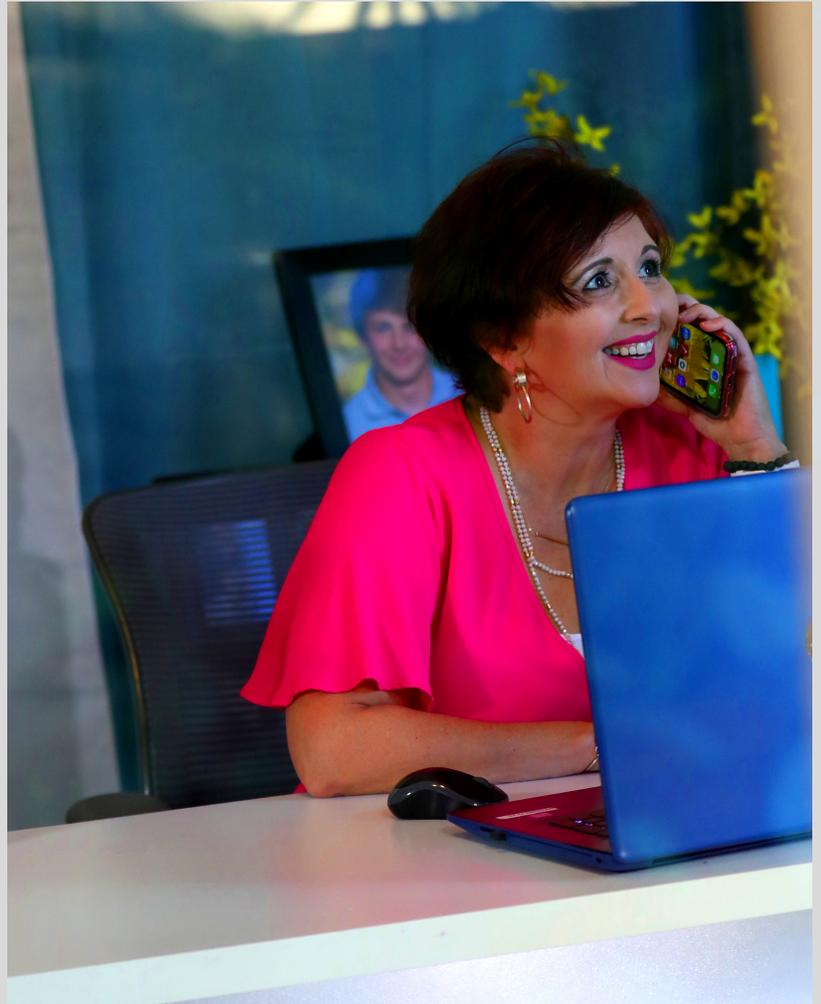
Time is relative. It truly is.

Here are some of my favorite links to help me with my productivity.

Trello Board - Organizing all projects, including workflow for my travel clients. This board is helping me to type my notes and not keep my notes in a notebook that I forget where it is or what notebook it is in.

Stream Yard - What I use to go live on Facebook.

Canva - Design work for everything. This is an easy program to create amazing graphics for your business.



Fiverr- I use fiver for so many things, hiring out work, creating flyers, etc.

Travel Joy - for invoicing travel clients

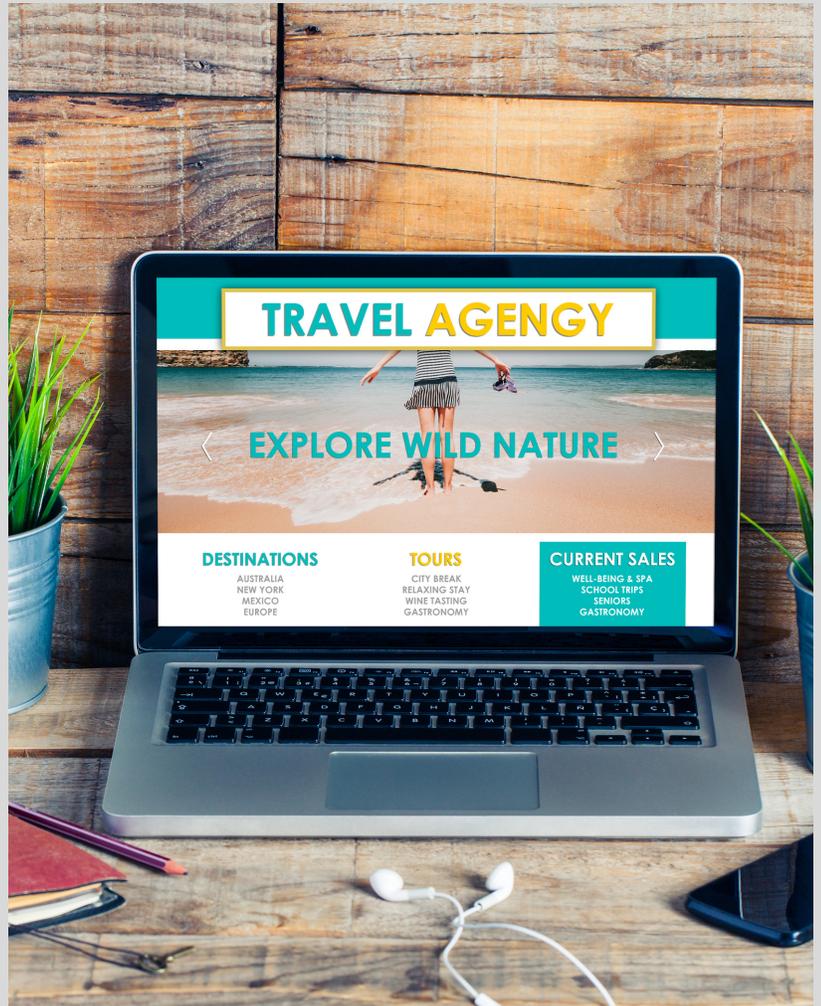
Clockify- great for keeping track of time

# THE LIST

## Travel Biz

The business we are so passionate about. Loving travel and loving helping people travel is a winning combination for a successful travel business. However, we do need a little help along the way in having a prosperous business. Here are my inspired resources I use for my travel business.

At the top of my list is the Global Institute For Travel Entrepreneurs. Also known as GIFTE. This is a community for travel entrepreneurs. A private paid membership group for people to come together and support and inspire each other on a daily basis. The foundation of my successful travel business is a result of the Make Money Selling Travel Blueprint.



My other 2 top groups that I get great information that helps me to grow as a travel professional are: DWHSA, Destination Wedding, Honeymoon Specialist Associations and TASC, Travel Agents selling the Caribbean they have a great Facebook page and a pro membership.

# LOOKING FOR MORE INSPIRATION?



Get in touch!

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