

Three Days to Breathe

A simple getaway planner for women who need a break - not another complicated itinerary.

You do not need two weeks, a bucket-list destination, or a color-coded schedule. Sometimes three quiet days are enough to help you come back to your life feeling like yourself again.

First, decide what you actually need.

Not what looks impressive. Not what everyone else wants to do. What would make you feel better when you come home?

I need quiet:

Choose a balcony, a water view, a small inn, or a room where closing the door feels like relief.

I need someone else to handle the details:

A short cruise or resort stay can be glorious when you are tired of answering, “What are we doing next?”

I need to wander:

Pick a walkable town with coffee, bookstores, local restaurants, and enough to discover without a rigid schedule.

I need to reconnect:

Go somewhere familiar. There is no prize for choosing a new destination when what you really want is easy time together.

Betsi’s rule:

The right getaway is not the one that gives you the most to do. It is the one that gives you what you are missing.

A three-day rhythm that does not exhaust you

This is not an itinerary. It is permission to leave room in the day.

DAY ONE - ARRIVE

Check in. Unpack. Find one good meal. Sit somewhere pleasant. You have already done enough.

DAY TWO - ENJOY

Choose one thing you genuinely want to experience. One. Add a long lunch, a walk, a nap, a glass of wine, or absolutely nothing.

DAY THREE - LINGER

Have coffee slowly. Revisit the place you liked best. Do not cram in three more stops because you are leaving.

GOING HOME - PROTECT THE PEACE

Leave early enough that the trip home does not erase the rest you just found.

You are allowed to...

- return to a place you already love.
- book the same room again.
- skip the excursion.
- eat dinner early.
- take a nap.
- say no to making the trip bigger, busier, or more impressive.

Pack for ease, not every possible emergency

For three days, you need less than you think. Bring pieces that work together and shoes you already trust..

Wear:

*Comfortable travel outfit
Shoes made for walking
A light layer*

Pack:

*Two easy outfits
One dinner option
Sleepwear + underthings
Swimsuit, if needed*

Do Not Forget:

*Medication
Chargers
Sunscreen
A book
Something that makes you feel like you*

Before you leave home

*Tell one trusted person where you will be.
Handle only the responsibilities that truly cannot wait.
Turn off the notifications that make everything feel urgent.
Decide now what you are not going to feel guilty about.*

Plan your three days to breathe

- *Where could I go without turning this into a major production?*
- *What do I need most: quiet, ease, wandering, or connection?*
- *What is the one thing I would truly enjoy doing?*
- *What can I leave off the schedule?*
- *Who needs to know I am unavailable?*
- *What would help me come home feeling restored?*

You do not have to earn rest.

1. *There will always be another task, another person who needs something, and another reason this is not the perfect time.*
2. *Take the three days anyway.*
3. *Go near or far. Choose the ocean, the mountains, a little town, a cruise ship, or a hotel twenty minutes from home. The destination matters less than giving yourself room to exhale.*

Then come join me on The Front Porch.

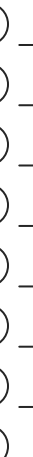
Every week, I share places worth visiting, meals worth remembering, and honest conversations about making room for a fuller life. Come join me.



SHOES

[illegible][illegible]

ELECTRONICS

[illegible]