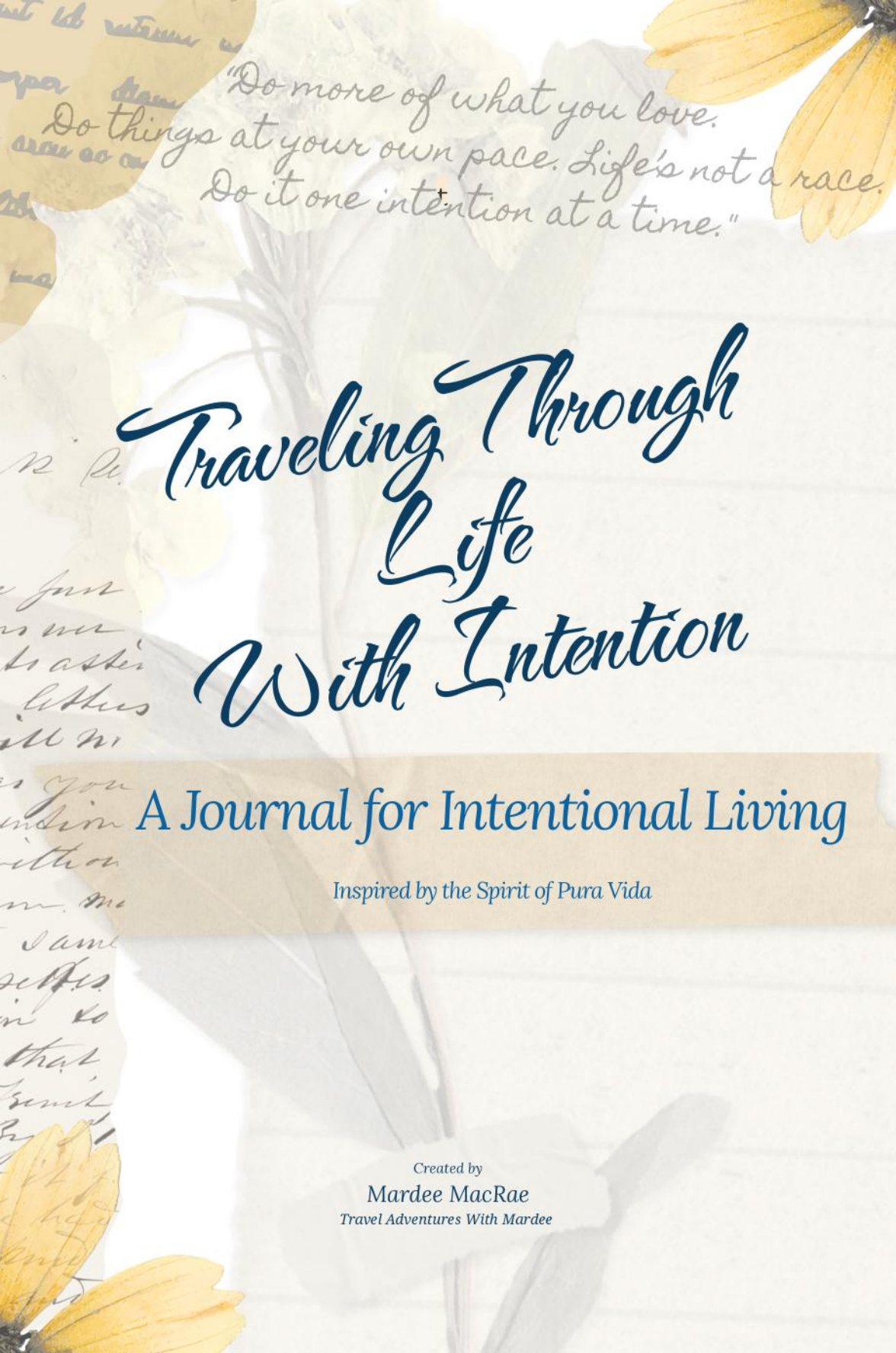




"Do more of what you love.
Do things at your own pace. Life's not a race.
Do it one intention at a time."

Traveling Through Life With Intention

A Journal for Intentional Living

Inspired by the Spirit of Pura Vida

Created by
Mardee MacRae
Travel Adventures With Mardee

About Mardee

Mardee is a world traveler, intentional living coach, educator, author, and founder of Travel Adventures with Mardee. Her love for travel and education has taken her across the world, creating meaningful experiences, cultural connections, and a deeper understanding of the people and places she encounters along the way.

Living with intention has long been a way of life for Mardee, and she encourages others to do the same. Guided by her life's mottos, **"Trust the Process"** and **"We're in our perfect place at the perfect time, and everything is being divinely orchestrated for our greater good,"** she believes that life unfolds exactly as it should when we move forward with faith, openness, and intention.

In her late 50s, she moved solo to a small beach town in northern Costa Rica—without knowing anyone, speaking the language, having a permanent home, or a secure job—simply to immerse herself in the culture, natural beauty, and simplicity of everyday life.

There, she embraced the spirit of Pura Vida, centered on simplicity, gratitude, presence, and human connection. Rather than discovering a new way of living, she realized she had been living it all along. Costa Rica became the proving ground that intentional living is a way of life, not just a destination. It affirmed that trusting the process wasn't simply something she taught or believed—it was something she truly lived.

Mardee hopes to inspire others to live more intentionally, reflect more deeply, trust the process, and reconnect with what matters most—one intention at a time.

What is the Spirit of Pura Vida?

There is no single official definition of “Pura Vida,” because it is more than a phrase — it is a mindset, a way of living, and a reflection of Costa Rican culture. Throughout this journey, we will explore some of the intentions inspired by the Spirit of Pura Vida

The journal is designed to be explored in any order. These are the intentions you will find throughout its pages:

- Simplicity
- Gratitude
- Slowing Down
- Connection to Nature
- Community & Family
- Positivity
- Flexibility
- Self-Awareness
- Peacefulness
- Enjoying the Moment
- Kindness & Hospitality
- Balance
- Living Fully

Welcome

Welcome to your *Traveling Through Life with Intention*,
A Journal for Intentional Living – a place to capture moments
that make life meaningful.

This journal was inspired by the
Spirit of Pura Vida—a way of living life intentionally that
embraces gratitude, simplicity, connection, presence,
and finding joy in everyday moments.

Intentions are not tied to a place but to how we live life.
We can find peace amidst chaos, create meaningful connections,
and choose to live with intention wherever we are.

My hope is that this journal helps you slow down,
notice what matters most, and carry that spirit with you
on every journey—whether across the world
or through your everyday life.

May you come to discover the deeper meaning
and the spirit of Pura Vida through these intentions.

I invite you to use this *Intentional Living Journal* to reflect on
how your journey has shaped you—how it has inspired you,
challenged you,
brought you peace, and helped you reconnect with yourself,
others, and what truly matters most.

Travel through life, one intention at a time.
Intentional living is a way of life, not just a destination.

— Mardee

Intention *Simplicity*

Today's Reflection

Sometimes the simplest moments
become the ones we remember most.

Today, Take Time to Notice

- What simple moment brings me joy today?
- What do I notice when I slow down?
- What do I truly need to feel happy and present?



Reflections & Memories

What I Appreciated Most Today

Areas I Notice I Want To Grow In

What I Am Noticing About Myself Right Now

What I Notice When I Allow Things In My Life To Be Less Complicated



Reflect On Nature & Wildlife Sightings

Nature has its own rhythm,
and sometimes we rediscover ourselves
when we slow down enough to hear it.
What did you notice?



Early Reader Reflections

This journal helped me slow down and think about what truly matters. I'd describe it as a journal for intentional living, a reflection journal, a transformational journal, a guided self-discovery journal, and even a mindfulness journal. Honestly, it's all of them. I really can't decide. Honestly, it's all of them. - A. S.

I expected a journal but found a thoughtful guide for living intentionally. I could easily pick up a page, read it, and get something out of it without having to read chapters or a whole book. I wanted to keep reading it. - Francesca Okerlund

The prompts encouraged me to reflect on my life in ways I hadn't considered before. It's very different from other journals. I was actually surprised by how I was drawn into the process of choosing my intention for the day, not in a sequential order, just at random.

It was quite freeing, actually. - Grace B. Price

The journal is extremely detailed and visually pleasing. It's a guide to being present, simplifying life, and expressing gratitude, while also serving as a tool for introspection. - Will A. Price