



Tips for Meaningful *Business* Travel – Part 1

- **View your airline seat as sacred space.** Use your down time intentionally. Spend time with God, or in contemplation, creative thought, or reflection. Bring something meaningful with you. Read. Listen. Ponder. Be.
- **Capture the unusual.** Bring a camera along and make it a ritual to take a photo of one curious or unusual thing on each trip. If you have kids, bring these images home. Over time this becomes a challenge that adds meaning to your trip and anticipation among your kids.
- **Go to church.** This may seem obvious, but the point here is to visit for either Sunday service or a mid-week service a church that is very different than the one you attend at home. It may seem uncomfortable at first, but you're an out-of-towner: what have you got to lose? And you may gain a whole new appreciation of the diversity Body of Christ and have a spiritually refreshing break in your work trip.
- **Don't turn on the TV.** First, the clicker, phone and bed spread are horrendous germ magnets. Second, don't fill your loneliness with more emptiness. Get out and walk or see the sights. Read, pray or do all those quiet things you say you have no time for at home. Practice solitude.
- **Seek out meaningful conversations.** Some of my deepest conversations have been on business trips with people in hallway discussions, meeting breaks, or shared meals. Don't just talk about business. Make a point to find out what matters most to them, not as a sales tactic but out of genuine curiosity and presence. It may help your business, but that's like extra jam on your PB&J.
- **See what you'd never see on vacation.** Explore the area around your hotel or some place a local tells you about that you'd never fit into your pleasure itinerary because it doesn't rate on the tourist list.
- **Take public transportation.** It's so easy on trips to get into the cocoon of your rental car or taxi cab. Figure out the metro, subway or bus system. Sure, you don't always have the time but in most places, public transportation like light rail will almost always get you downtown from an airport faster than taking a car during rush hour. Just be wise in terms of safety.
- **Add to a collection or start one.** My wife collects smooth stones in a jar and writes on them small reminders of God's grace. So I do what I can to bring her rocks if I'm in a place where I can find them. Each stone now has additional meaning. A collection can be anything you find interesting or appealing. Whatever the collection, finding new items gives you a quest.