

THE QUIET LUXURY AIR TRAVEL CHECKLIST

Save Time • Reduce Stress • Move Like a Frequent Flyer

★ BEFORE THE AIRPORT

- ☐ Go to bed on time
 - ☐ Hydrate 500–750ml before arrival
 - ☐ Lay out travel outfit
 - ☐ Pack access-first, not storage-deep
 - ☐ Keep passport, headphones, charger reachable
 - ☐ Choose one emotional intention:
 - ☐ Calm ☐ Confidence ☐ Ease
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★ AT THE AIRPORT

- ☐ Arrive early enough to never rush
 - ☐ Scan security lanes — avoid families/groups
 - ☐ Pre-prep: laptop out, coat off, liquids isolated
 - ☐ Sit near gate, not at gate (line-of-sight zone)
 - ☐ Keep phone away during transitions
 - ☐ Protect energy — no complaining, no narrating
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★ BOARDING PHASE

- ☐ Wait until the first boarding rush passes
 - ☐ Walk onboard with slow posture
 - ☐ Store bag efficiently (vertical if possible)
 - ☐ Seat + lumbar support setup immediately
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★ IN-FLIGHT ENERGY MANAGEMENT

- ☐ Don't eat first hour
 - ☐ Sip water instead of chugging
 - ☐ Choose fruit, nuts, protein bars
 - ☐ Flex feet hourly
 - ☐ Release jaw tension
 - ☐ Open shoulders for oxygen flow
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★ TIME ZONE SYNC

- ☐ Reset watch mid-flight
 - ☐ Eat based on destination time
 - ☐ Nap only in 90-minute cycles
 - ☐ Close eyes briefly even if you don't sleep
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★ LANDING & ARRIVAL

- ☐ Don't stand until aisle clears
 - ☐ Walk corridor slowly — reset posture
 - ☐ Seek daylight within 90 minutes
 - ☐ Choose baggage spot at start curve
 - ☐ Step past exit congestion before stopping
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★ AURA RITUAL (THE REAL SECRET)

- ☐ Smooth facial expression
- ☐ Shoulders back, jaw soft
- ☐ Silent movement
- ☐ Tote organized
- ☐ Move as if nothing is urgent
- ☐ You belong here — walk like it