

The yearning to GO triggers life-changing travel for 8 months with no end date or destination! Over 50 and solo, Nancy's inner voice demanded: "Travel until you feel like pausing. Be who you truly are." Inspiring and instructive - it's time to Go!

I Am Doing This!
A Travel Adventure Inspires A New Life
By Nancy Rosenfeld

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I AM DOING THIS!

A Travel Adventure Inspires
A New Life

NANCY ROSENFELD

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I Am Doing This!

An empowering life adventure takes off with exciting solo travel, dominant intuition and the compelling desire to just GO!

Would you do it? Would you quit your job, get rid of stuff, find a temporary home for your dog, and just GO? What initiative and planning does it take? What emotional issues arise when alone, severing traditional career and income, and traveling far, far away from familiar ways?

Over 50 years of age and solo, this free-spirited, focused woman, went for it. She wasn't angry, newly divorced, broken-hearted, laid-off from work or suffering from empty-nest syndrome. Her heart, soul and dominant inner voice compelled her to GO. *"Travel,"* the voice said. *"Just travel until you feel like pausing. Then, pause and do whatever you want. Then live where you want to vacation. Live life like it's a vacation. Be who you truly are. Live life your way. Contribute your gifts. Love. Inspire. You can do this!"*

Nancy Rosenfeld is a former Chief Financial Officer and former consultant to leadership teams. Her career focused on "change," first with organizations, and later on personal transformations. She experienced her own abrupt changes in the year 2000 while taking a one-year sabbatical from hectic consulting to refresh and recharge. Life was never the same, as written in her book, ***A Left-Brain Thinker On A Right-Brain Journey***. Already a national speaker and author, she later incorporated ancient tribal wisdom and mind/brain influences on a thriving life, revealed in her book, ***A Path to Higher Self: Ancient Tribal Wisdom Shows the Way***.

Discover through the chapters ahead your own options to say, *I am doing this!*

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- *What does it look like to embrace uncertainty, especially when you were used to a structured and controlled life?*
- *What does it feel like to travel consecutively for eight months, much of the time solo, lodging in 55 places on exotic islands, with no predetermined final destination for where to live?*
- *What does it feel like to end a long successful career just because you are compelled to GO, NOW?*
- *Are you interested in exploring Hawaii, New Zealand, or Tasmania?*
- *How did meditation, intuition and journaling strongly guide Nancy's life adventures?*

Buckle up as Nancy takes you on her inner journey with tangible actions you can apply to declare with commitment: *I am doing this!*

BONUS! Follow Nancy's adventures visually as you read! Photos at www.iamdoingthisnancyrosenfeld.weebly.com

I Am Doing This!

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Chapter 1: WHY “I Am Doing This”

At a dirt parking lot on a glorious Sunday morning, I joined a trippy group of 40 people waiting to receive tiny waterproof iPod music players from an athletic-looking woman named Lila. When the last device was handed out, Lila led us on a short journey over black lava rock boulders to a secluded white-sand beach on the tropical Hawaiian island of Maui.

We stood in a circle with our bare feet nestled in the sand as Lila enthusiastically shouted: “1, 2, 3, Turn on your iPod. Let’s dance!”

Everybody’s playlist was the same. Mystical sounds floated in from the first instrumental selection. We could enjoy the experience together or move to the music alone, on the sand or in the ocean. This was Beach Dance!

I walked the stretch of beach quietly, allowing the changing music and my body to take over. I reveled in the freedom of movement with warm acceptance from a community of heartfelt souls, ages 10 to more than 70. Today’s theme was Empowerment. Yes! I was ready to sway, swim and savor what might be revealed.

Soon, I was drawn into the ocean, gliding through the silky 80-degree liquid with ease, moving to the beat, with arms aloft happily in the air. Other dancers were spread out along the beach and in the ocean, swaying, twirling, swimming or laying down on warm sand.

Dancing in the ocean felt incredibly awakening. My hands were fully visible under the clear water and I watched them dance with the music, as if they were separate from me. I smiled happily, appreciating the moment swimming by myself. I looked around to view a few others dancing 50 feet or more away.

Earlier in the dance, I noticed sand swirling up in one area near the shoreline causing darkness in the water. Only a couple yards away, I was dancing in completely clear gorgeous water. I reflected that some people

were in darkness because it was familiar; or they didn't know how to get out. I chose to seek the clarity of the clear water. I did not need or want to be in darkness. I felt I could be most helpful when in clearness and light.

A sea turtle, about 3-feet long and wide, swam nearby underwater, surprising me by its closeness. A mundane thought crept in here and there, floating by like the turtle. I was not intending to swim underwater much, so I wore prescription sunglasses to protect my eyes from the bright sunlight glare.

I was gently swaying in the water when the hour playlist of music ended. It was time to return to the beach and gather in a circle to share our experience with others, if desired. Most participants already were on shore and headed behind a shady section of trees to talk.

As I returned to face the horizon while floating serenely in the water – because everyone is taught in Hawaii to never turn your back to the ocean, to always be able to see the oncoming waves – I observed larger waves rising in the distance and gracefully rolling to shore. There was space between the sporadic waves. They were soft, gentle swells, yet building with height. Even though the music from my iPod had ended and others were stepping onto the beach, I decided to stay out in the calm water and wait for the irregularly timed waves to pass. I knew it was dangerous to be caught in large breaking waves. And, it also was an exhilarating feeling of effortless elevation to gracefully float atop and over a calm, tall wave, then watch it crash with thunder ashore.

Judging the distance and timing that the next rising swell would arrive, I estimated that I could swim to shore before the next big wave approached. I swam with ease, arms gliding, legs kicking, head above with sunglasses on, moving towards the beach. I paused twice during my brief swim and stretched my legs straight down to see if my toes touched the sandy bottom so I could walk onto the beach safely and get out of the oncoming wave. I was surprised when my toes did not reach the sand as I got closer to the beach, so I continued swimming forward.

After the second pause and still not touching the sand floor with my feet, I turned around to the horizon to see that a wave was rising with strength and speed and was closing the distance behind me. I couldn't

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outsuim it to shore. Quickly thinking, “*what should I do?*” I decided to face the oncoming wave and swim through it like I had many times before. Usually, I took my sunglasses off and held them in my hand if I swam through a wave, but in that split second, I decided to keep my glasses on my face with my right hand pressing them on, as I moved forward into the tall swell.

I entered the rising wave, expecting usual softness. I calmly held my breath, in motion to swim through it. I anticipated seeing sunshine and the ocean horizon on the other side with my next inhale. But this time, that didn’t happen.

Instead, in a flash faster than I could grasp, a heavy wall of water thrust my strong body backward as if I was weightless. As the thunderous wave crashed over me, I was pummeled to the hard ocean floor and into dark, turbulent, brown sandy chaos. In those frightening seconds, I was knocked repeatedly like a punching bag. In an instant, my pure serenity and joy had vanished. All the excitement from living my dream and declaring “I am doing this,” giving up my career, launching an eight-month travel journey, was tossed from meaning as I tumbled through nature’s fight! Powerful waves were known to cause many neck and back injuries, or worse. Adrenaline was pumping. My body was rigid with alertness to respond from the ocean floor. And, my mind was screaming as I realized I needed to breathe, and FAST!

All I could think was, “*WHY did I do this? HOW do I get out of here alive?*”

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That is a declaration.

It’s none of the following:

I *can* do this.

I *want* to do this.

Or, even, I *will* do this.

It is: I *AM* Doing This.

The words “I Am” are powerful and explode energy into your heart, your creative and intellectual mind, and your physical body, right now, in the present moment. This energy is emitted when you engage with your world, especially when voicing your dreams, animated with actionable ideas. It is no accident that people, places and opportunities surge forth once you declare “I Am” to strong desires, leading to connections in idea and physical form beyond what you now know. You begin alignment the instant you express truth to yourself with passionate energy of clarity. This is known as the Law of Attraction. If you’re not into such beliefs, no worries, just consider the reality of being elated by an idea and, all of a sudden, opportunities to bring it to fruition flow easily and abundantly to you. That’s the Law of Attraction at work.

How do you transform thoughts from “*I Am Doing This*” to actual reality? First, you must believe your declaration is possible, that you are capable, and it will happen at the right time. You make the effort to research or reflect on the idea, thereby initiating action, then flow with ease from heartfelt excitement, without forcing conclusions because you trust that something in perfect alignment is waiting its time.

In early 2018, I sat at my laptop and wrote on the top of a blank page: “*I Am Doing This.*” Below that title, heartfelt desires popped out as a list of major actions, such as: leave my lucrative, yet frustrating job; do something with my collection of stuff, my car, and my most beloved friend – my dog – in order to travel at will. I didn’t know exactly when, how, what or where. I didn’t know how long I would travel or where I would end up – the place I would call home. I was embarking on this life adventure solo and didn’t deliberate on how that might feel.

I just had the urge to GO.

I had hit that moment when I needed change from the limiting feeling of my location, job and life activities. And, I was good at change. I had done it before - leaving successful careers to start anew, moving 2,500 miles solo from Orlando, Florida to San Diego, California, with my dog,

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creating an exciting new chapter full of unknowns. I had created a successful career as a speaker, writer and consultant to leaders on topics relating to initiating and implementing change. Change was my personal and professional path! However, I had never taken such drastic change, an upheaval of my life in every way. I didn't feel afraid. I viewed it as the best and only alternative to pursue. Just GO. I felt patient knowing that the right time would be known whenever I was ready.

My current life was not uncomfortable by any means. I was living in beautiful San Diego. I loved the diverse coastline and beaches in southern California, along with numerous yoga studios, healthy dining choices and live music venues. I enjoyed spending time with friends and had plenty of activities to choose from. But over the last two years of the seven years I lived there, a shift occurred and I began noticing more often that the region felt too crowded for me. Too many people and cars. Too dense and noisy. The weather was frequently chilly for a warm-weather fan, in the 60-degree range even in summer, and the cost of living was very high.

I knew that I wasn't looking for another job or profession, which was the huge difference this time in my life change. I had saved sufficiently over a long successful career, choosing to live modestly and with no debt. My background was in finance, so I created budget scenarios and hoped they were realistic. I validated my numbers using two different investment firms' worksheets about how long your money may last, and checked it with my friend, Mitch Walk, who was in that business.

It was early for me to stop working in my 50s, but the urge to GO and wander freely was stronger than any fear of running out of funds or being alone. If I ever needed money, I could return to some type of work, even though that was not part of this plan or intention. If I became lonely...well, I would figure that out. I didn't know it at the time, but this was called Trust, in myself and the Universe. How did this perspective originate?

Life began for me in the Bible Belt of northwest Louisiana, where my mom grew up. We were Jewish and my dad was an Eastern European immigrant. While I had sweet friends, it wasn't exactly an accepting-differences-kind-of-place, revering a Southern Baptist stronghold. As a young teen feeling stifled by narrow community views, I declared to myself, *"There is more to life than Shreveport, Louisiana, and I'm getting*

out as soon as I can.” Even with many friends, I felt as an outsider due to the powerful conservative religious culture and lack of inclusion. Going to college at the University of Florida was a tremendous breath of fresh air, and I felt grateful my parents supported this out-of-state desire. Acceptance and a more liberal culture, with less judgement and prejudice, fueled my heart with happiness and freedom to grow. Next, after years working in the financial industry in South Florida, I married a man with a passion for politics so we moved to Washington, D.C. That was the largest and coldest city I had ever lived in, and it was exciting. My career accelerated there, from a Vice President of Finance at an international not-for-profit, to starting a successful consulting business helping leadership teams. Life was fast-paced and intense.

Nine years later, we were ready to raise our young son closer to family and desired warmer weather, so we relocated to Orlando near my spouse’s family. That was a huge adjustment to a slower pace, which I eventually embraced as a welcome contrast to my constant business consulting travel. After 13 years in Orlando and an amicable divorce due to widely different paths, I was ready to depart Florida, where I felt limited personal growth atmosphere, at the same time my son moved away to college at Florida State.

With my leap across the country to San Diego in 2011, I had intentionally slowed my consulting business to a halt. I was single and a new empty-nester, free to explore a vast, unfamiliar, more liberal, coastal state, which thrilled me. The rugged rocky shoreline, famous moderate weather, open-minded culture, and overwhelming quantity of well-attended offerings, were fulfilling and occupied my days easily. I knew one person there, Jennifer, and was eager to create new friendships. There was yoga, boating, live music, happy hour and hiking meet-up groups, organic and vegetarian dining, and a growing social network that could keep me busy every night of the week.

There were increasing moments in San Diego, however, when I felt that, despite it being the eighth most populated city in the country, I had not found my authentic “tribe.” I realized that what repelled one person might attract another, so it was all about perspective and choice. Early years on the West Coast were dominated by “go-go” nonstop social

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activities, and I truly enjoyed the fun, varied experiences at the time. My taste for such busyness faded to a flicker after a few years though, as the social arena started to lack depth that my spirit desired. My “tribe” included emotionally healthy and financially stable individuals with similar interests that spanned intellectual and spiritual growth, combined with entertainment choices involving creativity, live music and ocean views.

By 2015, I began to disconnect from what felt like a superficial social culture. I wasn’t perfect for everyone I knew, and treasured special friendships that felt kind and upbeat with emotionally healthy, responsible individuals. As a successful professional who no longer sought career or social busyness priorities, I became organically drawn to opportunities to learn and grow, as well as celebrate creative artistic endeavors and fresh air. I was in a conundrum, though, not feeling at home or deeply connected to my city.

I realized that all I had to do to connect with others was step outside and attend a yoga class, walk at the beach or listen to live music. Something was missing, however, when I participated in experiences without deeper relationships. Quality was more important to me than quantity. Where a person was on their life path was also a factor, as I had made choices enabling early retirement, while friends were younger or required a focus on career and financial growth. I became aware of more frequent instances of feeling happy on my own as a choice, doing what I loved, even though I would have liked to share. I had no clue that my soul was preparing me for changes in a big way, practicing trust that all would be fine and feeling more comfortable to venture out solo. This brings us back to three years later.

My “*I Am Doing This*” list in early 2018 contained many items. I had no idea that some items would take days, weeks or months to complete, which was good that I didn’t realize the complexity because it was overwhelming to think about all the tasks at once.

I also made one promise to myself, one Big intention: ***I flow with ease and allow this journey to unfold without struggle. I follow my heart and allow it to guide me to actions.*** I had never been this trusting before. My usual behavior was more controlling, requiring detailed plans and contingencies. I was a professional planning consultant, after all! This was

a new commitment, experiment and experience to stay present, happy, healthy and willing to trust that all would work out fine. Could I do it? Patience was a must and not a frequent quality in my earlier life, but it was critical to practice patience in this new life adventure. How the journey unfolded, when I would depart, and where I would go for how long, was part of trusting that all would be revealed at the right time.

During my career as a professional consultant to leadership groups, I normally identified details for client strategy sessions that were planned down to the minute for actions, pauses, reviews or special meetings. It was a controlled, facilitated process with openings for decisions and information to flow. I was extremely organized and comfortable managing many details, and responding in the moment to needs. For this life adventure, I maintained multiple lists to allow ideas and tasks to flush out of my mind, preferring to see it written rather than try to remember. The difference from my career and now, was that most items on my current life adventure lists were open questions or tasks to be addressed whenever, allowing solutions or responses to flow in when ready. This process led to new thoughts and behavior to be entirely okay with not knowing the answer or when it would flow. It was enough to know the questions, and realize that many more questions would arise.

What happened was truly a gift of receiving answers while committing to be in the flow of uncertainty. Gifts of places to stay and people to interact with were effortless, as long as I let go of trying to force and control. It was exciting, free, and so much fun! Life was relaxing and delightful knowing and trusting that all would work out well. I didn't have to know with certainty what was going to happen or when. I trusted that the right person, phone call, idea, action or place would lead me to what was next for my highest good and experience.

This trust resulted in a calmer way to live, with more peacefulness, less stress and a healthier mind and body. I certainly didn't feel forced to act based on others' opinions or demands, not that I did in the past. However, there might have been hesitation or guilt previously. Just this small difference of perspective in how to approach necessary tasks or responsibilities eased my mind, heart and body. You "get" to do things instead of "have" to do them.

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When I ultimately departed on the travel adventure, after much preparation fueled by excitement, I had no clue where I would return to after months of wandering. Maybe I would continue traveling? Maybe I would return to live in California? I also had no idea what I would be "doing." I knew I wanted to semi-retire, but did that mean work part-time in my consulting field? Or be a gardener? I had no agenda. I wasn't traveling to write a book or generate income or figure out enlightenment. I traveled to just Be, see, hear, feel and experience beautiful nature scenery. The idea of that intention being my guide felt freeing, authentic and happy!

When I decided to pause from incredible travel adventures much later, I felt inspired to share what brought this journey to life, along with the travel experiences, and answer the number one question I was asked: "*How were you able to do this?!*" So, before I began writing this book, I created an online survey to learn what readers wanted to know and how they felt about solo travel and life adventures. I was delighted with responses and especially those who elaborated with comments. (The survey results are found in Appendix I.)

A year after writing the first "*I Am Doing This*" list in early 2018, my new travel life was a reality. I posted this message on my Facebook blog known as ***Unleash Your Inner Wisdom and Personal Power***:

January 9, 2019

I am doing this.

Have you ever had a dream that required hundreds of details and tasks, and you felt conviction in your heart to move forward despite such a challenge? It is good we don't know all steps in the beginning, it would feel too overwhelming.

Do it your way.

It is AMAZING how all unfolds and works when you flow with ease and gratitude. If there is stress felt in the body, it's time to take a break, go for a walk, exercise, breathe deeply, clear your mind.

A Travel Adventure Inspires A New Life

I am doing this.

WRITE THAT, followed by your conviction. I wrote that a year ago, and today I am doing it (left my job, moved stuff to small storage, traveling until I want to pause, without knowing where this will take me.)

Today, I say it again: I am doing this.

Are you ready to step forward and commit to your dreams also?

Let's GO!

About the Author

Nancy Rosenfeld has always been inspired by traveling and creating innovative ideas that frequently become reality. Her long professional career as a skilled financial executive, leadership consultant, speaker and author featured helping others with breakthrough positive change. She merges analytical thinking, brain science, human behavior and ancient tribal wisdom to focus on exploring paths to highest fulfillment. In 2000, her own path abruptly changed during a self-imposed sabbatical, revealing new priorities and self-awareness, described in her transformational guidebook, ***A Left-Brain Thinker On A Right-Brain Journey***.

Nancy's life has demonstrated a streak of saying "*I am doing this!*" and she is passionate about inspiring others on their authentic path. She has presented hundreds of programs and workshops for organizations, conferences and private personal retreats. Testimonials, client list and free excerpts of earlier books can be found at www.nancyrdaly.com.

Please email nancy@nancyrdaly.com for speaking, retreats, book signings and special events. Nancy's website created just for this book features a photo gallery to enjoy as you travel along with visual delight: www.iamdoingthisnancyrosenfeld.weebly.com. It is with joy and gratitude that she shares her story and wishes for all to be inspired to action after reading and saying, "***I Am Doing This!***"

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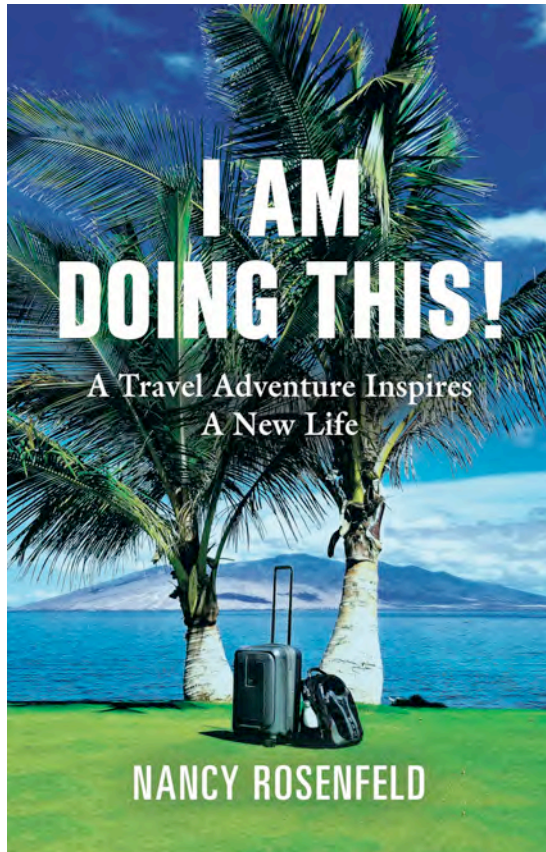
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Finding JOY Amidst the Chaos

Leaders Who Win, Leaders Who Lose: The Fly-on-the-Wall Tells All



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