

LONG TERM TRAVEL IS LIKE A MARATHON

You don't have to be great to start,
but it has to start to be great.

You have to pace yourself.

Never think of the finish line nor about the distance ahead.

That's too scary and overwhelming.

When your legs start giving out,
you just think about getting through the next milestone.

Or even just the next few steps.

There is no one giant step that does it.

It's a lot of little steps.

As long as you're sweating, you're still alive.