

Ping Me

FROM

PARADISE



ADARSH NAIR

Ping Me From Paradise

Copyright © 2025 by Adarsh Nair

All rights reserved. No part of this publication may be reproduced, stored or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, scanning, or otherwise without written permission from the publisher. It is illegal to copy this book, post it to a website, or distribute it by any other means without permission.

First edition

Proofreading by Aishwariya Killiot Kolath

This book was professionally typeset on Reedsy.

Find out more at reedsy.com

*To everyone who ever opened Google Maps during a lunch break
and whispered, “Someday.”*

*This book is your permission slip to turn “someday” into “right
now.”*

“The world is too wide, and your WiFi
is too strong to stay in one place for-
ever.”

Adarsh Nair

Contents

<i>Preface</i>	ii
<i>Acknowledgments</i>	iii
Introduction	1
1 Breaking the 9-to-9 Myth	4
2 Why Your Bucket List is Still Gathering Dust	8
3 Start with a Weekend – Micro Adventures	12
4 WiFi First, Wonders Later	15
5 Zoom at 9, Zipline at 5	19
6 Packing for Two Lives	23
7 Mountains, Meetings & Misadventures	27
8 The Laptop Life Love Story	31
9 When It All Goes Wrong (And Why That's Okay)	34
10 Create Your Travel Calendar	37
11 The Budget Doesn't Have to Break You	41
12 You Don't Need Permission (Just a Plan)	45
13 Work Hard, Roam Easy	48
14 The People You Meet Along the Way	52
15 Unpacking More Than Luggage	56
16 From One Screen to Another	59
<i>About the Author</i>	61

Preface

I didn't plan to write this book from a mountain cafe in Manali. I was supposed to be on a Zoom call.

That's the thing about remote work—if you're not careful, you'll find yourself stuck in a loop of deadlines and dinner dishes. But if you *are* careful—deliberate, bold, a little rebellious—you might just find yourself sipping chai while watching clouds roll over pine trees, replying to emails between treks, and realizing that *life was never meant to be minimized into a browser window*.

“Ping Me From Paradise” isn't a travel guide. It's a travel *wake-up call*.

This book is for people who are tired of choosing between their career and their bucket list. It's for everyone who secretly dreams of opening their laptop somewhere far, beautiful, and unexpected. It's my story—and maybe yours too—of trading routine for routes, and balance for something better: joy.

We'll talk about schedules and sunsets, meetings and misadventures, WiFi and wanderlust. There will be laughter, hacks, mistakes, and moments that'll make you want to book that one-way ticket.

Let's get you from your couch to the clouds.

Acknowledgments

To the universe, for aligning WiFi signals and window seats at just the right moments.

To my family, who understood when “back in five” sometimes meant five states away.

To my colleagues, thank you for never asking why birds were chirping in the background of every meeting.

To every stranger who gave directions, every host who shared their home, and every sunset that made me pause mid-scroll—you were all part of this journey.

And to **Aishwariya**—for being my favorite co-traveller, calm in chaos, and the one person I’d always choose to ping from paradise.

This book is a tribute to the choice of living deliberately, working freely, and dreaming wildly. Thank you all for being part of that choice.

Introduction

If someone had told me five years ago that I'd be attending a client call while sitting in a bamboo café by a beach in Gokarna—surrounded by sea breeze, background waves, and the occasional curious monkey—I would've laughed and said, "Nice try, but I've got a 9-to-6 life." And yet, here I was. That call? Smooth as ever. The monkeys? Stayed through the whole conversation. The view? Something a cubicle could never match.

Welcome to the new reality. A world where you no longer need to choose between chasing a paycheck or chasing sunsets. Where the WiFi signal might fluctuate, but your spirit doesn't have to.

This book was born during one such moment—a late-night walk in a quiet Himalayan village, laptop finally shut, phone on airplane mode, stars above, silence around. I realized something that day: *Remote work isn't just a professional shift. It's a personal revolution.* It gives us something we've all quietly craved: **freedom**. But most of us... don't know what to do with it.

We were raised to follow a template: go to college, get a job, climb a ladder, and retire at 60 with a handful of photos from vacations we barely remember. The world taught us that work comes first, and travel is a reward. But what if travel could be *woven into* the work, not waiting on the other side of burnout?

When remote work became mainstream, most of us didn't immediately pack our bags. We stayed close to comfort zones—

beds turned into workstations, kitchen tables into conference rooms. We complained about sore backs, noisy neighbors, and too many Zoom links. But slowly, a voice inside us grew louder. That voice didn't ask for a raise. It asked for the *hills*. It didn't want more perks; it wanted *more sunsets*.

This book is for those who hear that voice.

For the ones scrolling through reels of people working from Bali, Goa, Santorini, or some village in Himachal and whispering to themselves, "Maybe... someday."

It's also for those who tried to take that leap and got stuck between half-baked plans and office anxiety. I've been there too—refreshing Airbnb listings at midnight, hoping to find a mountain cottage with WiFi strong enough to hold a Monday morning stand-up. I've smiled through calls while dealing with power cuts in remote towns, and yes, I've also cried over missed trains and missed deadlines. It's not always perfect. But it's always worth it.

This is not a travel guide. And it's not a productivity manual either. It's a diary of experiences—some mine, some borrowed, all real. It's filled with detours, daydreams, and digital dilemmas. It's a book for people who are tired of watching life happen on Instagram and are ready to step into their own frame.

In the pages that follow, we'll talk about:

- **Micro-adventures** that fit into your weekends
- How to **plan your travels** without becoming that person who always asks "can someone cover for me?"
- Packing not just your clothes, but your **courage**
- Real-life stories where laptops and life-changing views shared the same table
- And how to *stop waiting for the right time* and start making

time right

You'll also find practical hacks: the kind that help you switch between your corporate face and your flip-flop soul in a matter of minutes. We'll explore places you can work from, stay in, and truly live in. From sleepy beach towns in India to bustling digital nomad hubs across the globe, this book is your permission slip to **live your best laptop life**.

But more than that, I want this book to be your *hope button*.

Because if you're burnt out, bored, or buried under deadlines—you need to know this: You are not stuck. Life can look different. Work doesn't have to feel like a trap. And joy isn't just a weekend thing.

This isn't about quitting your job and backpacking forever (unless that's your dream, then by all means, book that ticket). It's about *choosing* moments. It's about reminding yourself that you can be both responsible and restless, grounded and wild, stable and still chasing stars.

So wherever you're reading this—on your couch, in a cab, or curled up on a hostel bunk—I hope you know this: The world is waiting. Not for your approval. Not for your promotion. Just for *you*.

Because somewhere out there is a paradise with decent WiFi, a window with a view, and just enough peace to remind you who you really are when you're not screen-sharing your soul.

And maybe, just maybe, it's time you pinged *yourself* from paradise.

1

Breaking the 9-to-9 Myth

Let's get one thing straight: 9-to-5 is a lie. A nice, neat, glorified phrase we've all agreed to believe in—like “just one more episode” or “I'll start my diet on Monday.”

The truth is, it was never 9-to-5. For many of us, it's 9-to-9. For some, it starts the moment we wake up and check emails in bed, and it ends when our client messages at 10:32 PM saying, “*quick call?*” (Spoiler: it's never quick.)

Remote work was supposed to save us from this madness. Remember when we thought WFH meant balance? When we imagined ourselves sipping filter coffee in a peaceful corner of the house, yoga mat in one hand, MacBook in the other?

Yeah. That lasted three days.

Somewhere between pandemic panic and productivity paranoia, we lost the plot. WFH became WFA (Work From Anywhere), which turned into Work From Everywhere, and for some of us, it felt more like Work From Forever.

We replaced traffic with Slack pings. Cafeteria gossip with Google Calendar invites. And worst of all—we stopped logging off. We're online all the time. Half-dressed, half-focused, fully

tired.

And yet, here's the twist: this chaos also gave us something magical.

Flexibility.

A word we often misunderstand.

Flexibility isn't about working in pajamas or ordering lunch while muting your mic. It's about freedom. To work when your mind is fresh. To rest when your body begs for it. To travel mid-week without guilt because you can finish work from a different time zone, in a different mood, with a better view.

Let me give you a real example.

Last year, Aishwariya and I traveled to Dubai. It was summer, and while most people warned us about the heat, we had something else on our minds—*how do we balance work and travel in a city that's 1.5 hours behind our work zone back in India?*

The answer turned out to be simple: we adjusted our clocks, not our lives.

We started our workdays at 6 AM Dubai time. That meant logging in half-asleep, coffee in hand, the city still quiet outside our Airbnb window. By 3 or 4 PM, we were done. And just like that, the city became ours.

The evenings were perfect—cooler weather, golden skies, and the whole of Dubai at our feet. From the Miracle Garden to late strolls near the Dubai Marina, we saw it all—without taking a single day off.

That trip was a turning point. It made me realize that work and travel don't have to be enemies. They just need to learn how to live in the same room—and sometimes, the same suitcase.

The 9-to-5 clock we're all conditioned to follow was built during the industrial age. Assembly lines. Factory bells. But we don't work on assembly lines anymore. Our creativity, energy,

and focus come in waves—not in neat hourly blocks.

Ever noticed how you're sharper at 7 AM on some days, and completely dead-eyed at 11 AM on others? That's your body talking. The trick is to stop forcing yourself into a schedule that doesn't serve you anymore.

In this new world of remote work, your time is elastic. You just have to stretch it the right way.

Here's something I've learned the hard way: you don't need to be constantly available to be valuable.

We keep Teams green even when our brains are grey. We reply to emails within two minutes, not because we want to—but because we think we have to. Why? Because we're scared someone will assume we're slacking if we're not online.

But the truth is, you don't have to be visible to be impactful. You just need to be *effective*—wherever you are.

I've taken calls from train stations, hotel rooftops, boats in Kerala, and once (not proudly) even from a camel ride in Rajasthan. Not once did my work suffer. If anything, I was more alive, more present.

Work is no longer tied to a desk. It's tied to discipline and design.

You can finish that report from a balcony in Manali if you plan ahead. You can answer emails from a beach in Gokarna if you time it right. You can even write a strategy deck from a co-working space in Lisbon—if you respect both your time and your responsibilities.

But it all starts with breaking myths. Myths we've held on to for too long.

Like “if I'm not online, people will think I'm not working.”

Or “travel is a distraction.”

Or my personal favorite, “I'll plan something once things

settle down.”

They don’t settle. Trust me. There’s always a deadline, a review, a surprise meeting at 6:45 PM. You can either keep waiting, or start living *while* you’re working.

This chapter isn’t about quitting your job or fleeing to the mountains with nothing but a backpack and a quote from Instagram. It’s about **designing your work around your life**, not the other way around.

So maybe it starts small. Like logging off on time today. Or planning a weekend trip and taking Monday calls from a hotel room. Or shifting your schedule like we did in Dubai to create a pocket of freedom in your day.

Because breaking the 9-to-9 myth isn’t about rebellion. It’s about **reclaiming your rhythm**.

Work doesn’t have to be a prison. Sometimes, all it takes is a time zone shift and the courage to say: *My life matters too*.

And who knows? The next time you’re sipping karak chai with the Burj Khalifa glowing in the background, you might just feel it—that quiet, liberating truth:

You can do both.

And you deserve to.

2

Why Your Bucket List is Still Gathering Dust

Let's do a quick check.

Open your notes app. Scroll through that forgotten folder labeled "Someday Trips."

Or flip through that mental scrapbook in your head—filled with images of white beaches, wooden cabins, hot air balloons, autumn leaves in Kyoto, desert camps in Jaisalmer, and a wild plan to visit Iceland "next year."

Now, answer this—how many of those places have you actually been to?

If your answer is "Umm... none yet," congratulations. You're not alone. You're in a secret club of dreamers, also known as *90% of the population*.

You see, the problem isn't the lack of desire. It's the abundance of *delayed desire*. That sneaky habit of pushing your dreams to a future version of yourself.

The one who will "have more time."

The one who will "have more money."

The one who will "be less busy."

The one who doesn't actually exist.

The truth? You will always be busy. Something urgent will always come up. Someone will always need something from you. Life, as we've come to know it, doesn't pause. It doesn't wait for your leave approval or perfect weather or Google Flights to show you ₹4,999 fares to Bali.

And your bucket list? It sits there. Dusty. Patient. Getting older, just like you.

We treat travel like a trophy we'll collect after we've proven ourselves.

But here's what no one tells you—**travel is what teaches you who you are in the first place.**

If you keep postponing it, you're postponing pieces of yourself.

When I was in my early 20s, I thought I had to earn travel. Like it was a reward. Only when I've done enough, worked enough, saved enough... *then* I'll go. But enough never comes. It keeps shifting like a mirage.

Then came remote work. And slowly, I began to question the story I'd been telling myself.

Why was I treating travel like a vacation, not like a *way of life*?

Why was I always asking "when can I go?" instead of "where can I work from?"

Once I asked those questions, everything shifted.

It didn't mean I flew to Europe the next day. It meant I stopped waiting for perfect. I started saying yes to small escapes. Weekend drives. Unplanned stays. Train journeys without round-trip tickets. And slowly, the "somedays" turned into *Saturdays*.

And here's what I discovered:

Travel doesn't have to be epic to be meaningful. It just has

to happen.

We overcomplicate it. We think it needs to be 10 days, across 3 countries, with a Pinterest-worthy itinerary. That pressure alone keeps us from booking anything.

But the truth is, one short trip can spark everything. It can reset your mood, recharge your purpose, and remind you what *being alive* feels like.

Let me share something simple Aishwariya and I started doing—what we now call “mini-bucket breaks.” We take short, intentional trips with just one goal: to tick off even one thing we’ve talked about forever.

Eat dal baati churma in Jaipur.

Watch the sunrise from a cliff in Varkala.

Walk through spice plantations in Kerala.

Small things. Big joy. Zero regrets.

Your bucket list doesn’t need a jackpot. It needs *motion*.

Because here’s the secret: action breeds momentum. Once you start ticking off small things, your brain stops seeing travel as a fantasy and starts seeing it as a possibility.

And your energy shifts. You start thinking, “If I could pull that off, what else can I do?”

Suddenly, Prague doesn’t feel impossible. Japan doesn’t seem so far. A workation in Vietnam starts to feel... doable.

And if you’re worried about money, let’s get brutally honest—most of us are not as broke as we claim to be. We just prioritize differently.

You’ll spend ₹1,500 on a Saturday night dinner without blinking, but that same amount for a short trip? Suddenly, it’s “too much.”

You’ll upgrade your phone every two years, but not your life experiences.

I'm not judging. I've been that person. But trust me, the joy of eating momos in a mountain town, or taking a bumpy boat ride at sunset, or simply walking on unfamiliar streets—that joy lingers far longer than gadgets or clothes or takeout ever will.

So maybe your bucket list is dusty, not because life didn't allow it—but because you didn't give yourself permission.

Until now.

Right here, this page, this paragraph—you have full permission.

Not just to dream. But to act.

To plan.

To book.

To explore.

Start small. One thing this month. One city nearby. One new experience.

And slowly, you'll build a life where your bucket list isn't a forgotten file.

It's your calendar.

3

Start with a Weekend – Micro Adventures

Let's be honest—when people think of travel, they often imagine a dramatic cinematic montage: quitting their job, boarding a one-way flight, hiking through foreign lands, and somehow looking great in every photo despite not sleeping enough.

But let's rewind. Because for most of us, life doesn't allow that level of drama just yet.

What it *does* allow... is a weekend.

Yes. That little sliver of freedom that comes between Friday 6 PM and Monday morning chaos. That's your secret window. A chance to shake the dust off your bucket list without having to submit a leave request or explain your itinerary to HR.

We call them **micro adventures**—short, sweet, soul-filling escapes that don't require a visa, a backpacking plan, or a nervous conversation with your boss.

And trust me, they're powerful.

I remember one such weekend with Aishwariya—an impromptu escape to Coorg over a long weekend. It wasn't some 10-day Eurotrip. It was just us, a backpack each, two rain jackets,

and the kind of excitement that only comes from knowing you're about to ditch your routine for 72 hours.

We left Bangalore on a Friday evening after wrapping up work. Our laptops shut, emails paused, and minds still buzzing from the week. By late night, we were in a cozy little homestay surrounded by coffee estates, wrapped in mist and quiet. The kind of quiet that makes you breathe deeper.

Saturday morning started with filter coffee stronger than our Monday deadlines. We walked through plantations, heard birds we couldn't name, and got drenched in unexpected rain without caring. No calls, no pings, just the rhythm of the hills.

We didn't *do* much in the checklist sense—no long itineraries, no rushing from one point to another. But we felt rested. Rewired. Reconnected. And when we came back Sunday night, something had shifted.

Not the world.

Not our workload.

But us.

That's what micro adventures do.

They remind you that joy doesn't always need a boarding pass.

Sometimes it just needs a bus ticket, a packed bag, and the decision to go.

And here's the thing—India is a micro adventure goldmine.

If you live in any metro, you're barely a few hours away from forests, beaches, hills, forts, rivers, or some oddly named lake that has great pakoras nearby. All you have to do is **look closer**.

Live in Delhi? Hit the Himachal belt.

Based in Mumbai? Lonavala, Igatpuri, or even the Sahyadris.

Chennai? Pondicherry is always ready with pastel buildings and coffee.

Bangalore? Well, you already know Coorg, Chikmagalur,

Sakleshpur, and even Hampi are all whispering your name.

We spend so much time waiting for long vacations, we forget that *life can be lived in long weekends too*.

It's about momentum. The more you take short breaks, the more your mind understands that travel isn't a luxury—it's a rhythm. You start seeing travel not as an event, but as a lifestyle.

And don't worry about the photos. No one needs to know you didn't take a flight. You don't need to pose in front of the Eiffel Tower to prove that you're living fully. That selfie with a hot plate of akki roti and a view of rain-soaked coffee trees in Coorg? That's living too.

So the next time your calendar shows a long weekend, don't waste it doing laundry and pretending to catch up on sleep.

Book that stay. Take that train. Chase that sunset.

Because sometimes, all you need is **two days and a change of scene** to remind yourself that you're more than your job title.

You're a story waiting to happen.

And Coorg, or wherever your nearby escape may be, is just one page away.

WiFi First, Wonders Later

There's a moment every remote worker faces. It usually happens five minutes before a critical client call. You've found the perfect hill-view homestay. You're sipping fresh lime soda. The birds are chirping, the breeze is romantic, your face is glowing in natural light—and suddenly...

No internet connection.

Welcome to the first rule of working while wandering: **check the WiFi before you check the view.**

Because let's face it—what's the point of a dreamy mountain cabin if your video call looks like a 2003 webcam and your voice breaks every five seconds like a horror movie soundtrack?

Don't get me wrong—working from scenic places is absolutely possible. You just need to choose wisely. That means balancing the *wanderlust* with the *WiFi bar*.

Here's the golden truth: **your location should support your lifestyle, not sabotage it.**

Take it from someone who once chose a homestay based on “good lighting for reels” and then had to climb a hill daily just to send a Slack message.

Lesson learned.

So how do you pick the right place?

Start with these three filters:

1. **Connectivity Test (a.k.a The Speed Test Obsession):** Never trust “free WiFi” on a website. Always ask for an actual speed test screenshot from the host. Yes, you’ll sound geeky. Yes, it’s worth it. You’re not being annoying—you’re being future-proof. A 20 Mbps stable line in the hills is gold. Anything below 5 Mbps? Proceed with caution (or backup data).
2. **Backup Network (because Jio is not a miracle worker):** Always carry a dongle or check if your mobile hotspot works in the area. Aishwariya and I once stayed at a lakeside place with zero signal and ended up driving to a tea stall 2 km away just to download a deck. We laughed later. But trust me, not during.
3. **Call Corner:** Look for a quiet, well-lit corner where you can take calls without background noise—or at least where goats won’t suddenly walk behind you. Sounds funny now. You’ll thank me later.

Now, let’s talk about **picking the kind of destinations that work.**

Some places look good on Instagram but are terrible for remote work. And some—quiet, reliable, humble spots—are absolute gems for digital nomads.

Here are some types of destinations you can trust:

1. Workation-Friendly Hill Stations

Places like Coorg, Chikmagalur, Rishikesh, Dharamkot, and Mukteshwar have co-working stays, strong cafés, and a good digital community vibe. They offer peace and WiFi—a rare

combo.

2. Beach Towns with Brains

Think Varkala, Gokarna, or even certain parts of Goa (South Goa for peace, North Goa for party-while-you-ping).

Pro tip: Never choose a stay *on the beach* unless you've confirmed signal strength—romance doesn't run routers.

3. Urban Hideouts

City corners like Fort Kochi, Pondicherry's French quarter, or Jaipur's civil lines have charm *and* connectivity. Great for mini escapes without worrying about network.

4. International Sweet Spots

If you're venturing abroad, digital nomad hubs like Bali (Canggu, Ubud), Chiang Mai, Tbilisi, or Lisbon offer excellent infrastructure, stable internet, and cafés built for people who *order cappuccino and open Excel*.

And yes, you can still find WiFi in the mountains or jungles. But you'll need patience, planning, and ideally a backup SIM.

Now, here's a little confession: I don't choose travel spots only based on connectivity anymore. I choose **balance**.

If I have a light work week, I don't mind a slower internet and more nature.

If I have back-to-back calls and deadlines, I choose function over fantasy.

It's okay to prioritize comfort. It doesn't make you less adventurous. It makes you **sustainable**.

After all, the goal isn't just to escape work. It's to *enjoy work from better places*.

So yes—choose the waterfalls, the sunsets, the cafes with fairy lights. But also check for plug points. Ask if the chair is ergonomic. Make sure the room doesn't echo like a haunted house on Zoom.

Because nothing kills wanderlust faster than a broken connection during a screen share.

So, WiFi first. Wonders later.

That's not boring. That's brilliant.

5

Zoom at 9, Zipline at 5

So, you've picked a location. The WiFi works. The view is dreamlike. The coffee is hotter than your office politics. And you've settled in to work.

But here's the question that hits harder than Monday mornings:

Now what?

How do you actually balance work and travel without messing up both?

How do you go from back-to-back meetings to barefoot beach walks without burning out?

That's where the real art comes in.

Because remote work isn't just a location change—it's a *mindset shift*. One that requires both freedom and discipline. The ability to enjoy a zipline at 5 PM without dreading the unread messages at 6.

Let me share what worked for me and Aishwariya. And no, we didn't figure it all out on day one—we learned it one trip, one missed sunset, one slightly awkward "I'll call you back in five" at a time.

It started with **time blocking**.

No, not the scary kind you find in productivity books. Ours was simple.

We divided our days into two zones: **focus time** and **freedom time**.

During focus time, we were in full work mode. Cameras on, emails tight, headphones in. The world outside could wait.

During freedom time, we were off. No half-checking Teams. No pretending to “just respond quickly.” We were fully present—with each other, with the place, with the moment.

For example, during our trip to Varkala, mornings were sacred. We’d wake early, wrap up work before 3 or 4 PM (thanks to our slightly tweaked work hours), and by sunset, we were free. Free to explore cliffs, cafes, coastal trails, or just sit doing absolutely nothing—guilt-free.

But sometimes, depending on the country or time zone, we did the opposite.

Take our **Bali trip**, for instance. Bali is around 2.5 hours ahead of IST. And instead of diving straight into work after waking up, we used that time difference to our advantage.

We started our days at sunrise—when the beaches were quiet, the streets were empty, and the sun was still gentle. We’d go for a walk, visit temples, or grab a nasi goreng breakfast at a sleepy roadside café, all before the tourist crowd began rolling in.

Those slow, silent mornings gave us a rhythm we didn’t know we needed. By the time we logged in around 10:30 AM Bali time, our minds were already fresh, calm, and centered. It didn’t feel like we were squeezing in life around work. It felt like we were doing both—just smarter.

That’s the underrated joy of working across time zones—you can **live a little before logging in**, if you’re willing to wake up

and soak in the day ahead of everyone else.

And here's what most people forget: **freedom needs structure.**

If you don't set your own boundaries, the world will set them for you. And trust me, the world isn't kind. Your calendar will fill itself. Your "one quick call" will become an hour. Your lazy afternoon will disappear before you notice.

So here's a simple routine that's worked wonders for us on most trips:

1. Morning Exploration or Deep Work

Depending on your time zone, choose to start your day early with a small walk, beach stroll, or mountain view breakfast. *Then* log in. Or, knock off your focused work early and free up the evening. Both work. The magic is in choosing consciously.

2. Midday Check-Ins

Handle meetings, updates, team syncs. Keep this time for communication. It's noisy anyway, might as well ride the wave.

3. Wind-Down Wrap-Up

Do smaller tasks, documentation, or planning. Check your next day's priorities. Then log off.

4. Explore Guilt-Free

This is your reward zone. Not for hitting KPIs, but for hitting that waterfall trail or hidden café you marked on Day 1.

And here's the key: don't over-schedule your exploration either. You're not a tourist on a mission. You're a traveller who's figured out how to blend living and earning.

Some of our best memories came from doing nothing on purpose. A missed turn led us to a beach we hadn't planned for. A quiet evening ride ended at a street market filled with local food we still dream about. These are the things that happen when you leave space for life.

So don't feel guilty about it.

You're not being lazy. You're being alive.

You're not skipping work. You're skipping burnout.

You're not chasing Instagram photos. You're building memories that don't need filters.

Yes, you can attend your Zoom call at 9. And go ziplining, surfing, hiking—or simply *being*—by 5.

You can do both.

And when done right, both can fuel each other.

Because a fulfilled you does better work. And better work gives you more freedom.

And that, my friend, is the real remote life loop.

Packing for Two Lives

Packing used to be simple.

Shirts. Shorts. Socks. Done.

But that was before work-from-anywhere became a lifestyle.

Now, packing is a delicate art. Because you're no longer just traveling—you're **living**. You're balancing deadlines and detours, spreadsheets and sunsets, PowerPoint decks and, well... sleeping decks with a view.

You're not just packing for a trip.

You're packing for *two parallel lives*.

Life one: the professional you—polished, presentable, perfectly logged in.

Life two: the wandering you—messy hair, glowing skin, and a permanent smile that smells like freedom.

So how do you fit both versions of yourself in one backpack?

Simple answer: **you don't overpack. You pack smart.**

Let me start with a confession. My first ever workation? I carried everything. Tripods. Portable speakers. Four shirts I never wore. A necktie (for some reason). Three pairs of shoes. And just one charging cable—which, of course, didn't fit my

laptop.

I learned the hard way.

Now, every item I pack has to **earn its place**. It must serve at least one of the following:

- Work comfortably
- Travel lightly
- Look presentable on Zoom *and* in selfies

Here's the gear I never travel without anymore:

1. *The Holy Tech Trinity*

Laptop, charger, and universal adapter. Without these, you're just on vacation (which is fine—but not if you're taking meetings at 9 AM).

Bonus: Pack a **power bank**, a **mouse**, and a short **extension cord** (you'd be shocked how many sockets are under the bed).

2. *Noise-Canceling Headphones or Earbuds*

Because you will, at some point, take a client call next to a construction site, a barking dog, or a man loudly selling chai near your window. And no, “sorry for the background noise” doesn't count as a strategy.

3. *One Good Shirt*

You only need one. Keep it wrinkle-free. Hang it near your desk or chair. Pull it over whatever you're actually wearing during video calls. The classic Zoom uniform: formal up top, freedom

below.

4. *Travel-Ready Wardrobe*

Choose versatile pieces. Think layers, not bulk. Neutral T-shirts, two comfy pants, a lightweight jacket, and clothes that dry quickly (in case it rains or you need to do laundry in a sink).

And yes, carry at least one “Instagram-worthy” outfit. You’ll thank yourself when you find that perfect photo spot.

5. *The WFH Essentials Kit*

A compact stand for your laptop

Blue-light glasses (if you use them)

A small notebook or journal

Your work ID card—yes, even if you never use it, it weirdly helps you feel “on duty” in new places.

6. *Health & Hygiene Stuff*

Because a workation cold is a real mood killer. Add a tiny first-aid kit, your basic meds, sanitizer, and maybe even some caffeine backups in case you land in a no-coffee zone (it happens—ask Aishwariya).

Now here’s the real trick: **leave space.**

Not just physical space in your bag—but space in your mind. You’re not moving. You’re flowing. Don’t carry your entire life. Let the place fill in some blanks.

Buy a local scarf, try the street food, borrow a book from the homestay. Travel is not just about what you carry—it’s about what you *collect* along the way.

You'll discover things you never planned for. Like how certain clothes feel useless in the mountains. Or how a local SIM is more important than that extra pair of socks.

And here's what most people forget to pack: **mental bandwidth.**

You're not just traveling. You're working. That means leaving a little energy at the end of the day to respond, think, and create.

Pack your expectations light. Give yourself grace when things don't go perfectly. Not every day will be productive. Not every trip will be magical. But it'll still be *worth it*.

Remember—every bag you pack is a promise.

A promise that says: “I will show up—for work and for life.”

So pack light. Pack smart.

And leave just enough room for a story you didn't plan to write.

Mountains, Meetings & Misadventures

Travel always looks better in hindsight.

The scenic backgrounds. The happy couple selfies. The chai on the balcony during golden hour. But what those posts never show you are the *other* things that come with the so-called laptop lifestyle—dodgy WiFi, mistimed meetings, power cuts, wrong turns, missing charger cables, and yes... the occasional mountain monkey crashing your Zoom call.

This chapter is for all that.

Because while we've had our fair share of perfectly planned escapes, the most unforgettable moments have come from things going wildly off-script.

Like that time in **Chikmagalur**, when I scheduled an important morning review call, thinking I'd take it from the garden of our estate stay. Picture this: birds chirping, dew on the grass, coffee in hand.

But at 7:56 AM, just four minutes before the call, the power went out.

No signal. No laptop charge. And no backup.

Panic.

I ended up driving half a kilometer uphill, parking under a tree, balancing my laptop on the dashboard and hotspotting from my phone which was—at that moment—on 3%.

The call started. I smiled and nodded. Everyone thought I was in a café. I was actually sweating in a parked car with ants crawling up my leg and the fear of my screen freezing mid-sentence.

But the call went fine. No one knew. And when it ended, I just sat there and laughed.

Because this—this is the real story behind the aesthetic reels.

What those stories often skip is the **invisible balance behind the scenes**.

Yes, I may take breaks during the day. I might step out to chase a waterfall, grab a local lunch, or simply breathe mountain air between meetings. But I **always make up for that time**—whether it's by logging in late evenings, reviewing decks under a lamp while everyone else is sleeping, or even working a few hours on the weekend.

It's not about slacking. It's about **owning your responsibility**.

Every deadline I commit to—I meet. Every task I take—I complete it before time, and with precision. That's the trade-off: you gain freedom, but you also **take full charge** of your output.

This is not a vacation with excuses.

It's a lifestyle built on *accountability and trust*—the kind that lets you explore without guilt and deliver without stress.

There was also that **one trek in Munnar** we didn't plan very well. The idea was simple: sunrise hike, back by 9 AM, log in by 10. Easy.

But the trail was longer than expected. We lost signal halfway through. My watch said 9:45. We weren't even halfway down. And I had a call at 10 that I couldn't miss. So we started running—

downhill, half-muddy, half-breathless, and very much *not romantic*.

We made it back at 10:07. I joined the call looking like I'd run a marathon (because I kind of had). But again... no one knew. Cameras off. Classic save.

You'd think after all this we'd stop mixing work and adventure. But the funny part? These are the moments we talk about the most. Not the perfectly planned dinners or the "smooth" workdays. It's the chaos, the adjustments, the improvised magic that becomes memory.

And it's not all disasters, either.

There was one peaceful afternoon in **Udaipur**, where I wrapped up work at 3 PM and we spent the rest of the day walking by the lake, watching the city lights come on slowly like fairy dust. No rush. No stress. No surprises.

Sometimes it all *just works*. The network holds. The calls finish early. The place is beautiful. You look up from your laptop and say to yourself—"I could get used to this."

But here's the thing.

You don't have to wait for perfection to feel fulfilled.

You just need to show up. And be okay when things don't go exactly to plan.

That's the difference between a *traveler* and a *remote worker who travels*.

A traveler sees delays as a headache. A remote worker sees them as part of the story.

The truth is—working while traveling is not always smooth. But it's *always real*.

You earn every sunset. You appreciate every moment of silence. And even the messy parts? They teach you patience, adaptability, and the joy of laughing at yourself.

So yes, there will be dropped calls, broken roads, wrong turns, and calls taken in the oddest places. But there will also be starry skies, surprise encounters, serendipitous detours, and those rare days when everything just aligns.

You'll have misadventures. And you'll survive them.

And one day, you'll write your own chapter called:

"Remember that time in..."

Trust me, it's coming.

The Laptop Life Love Story

When you travel with a partner, you don't just share a journey—you co-write a story.

And when you work and travel with that partner? You co-write *a whole lifestyle*.

People often romanticize travel with phrases like “lost in the moment” or “found ourselves in the hills,” but here’s the truth that doesn’t make it to the Instagram captions: sometimes you’re lost in a signal drop. Sometimes you’re fighting over who gets the better chair for the Zoom call. And sometimes you’re just plain tired—trying to love, live, and deliver a quarterly report all at once.

But beneath all that chaos is something rare—a rhythm that only remote couples really understand.

When Aishwariya and I started traveling together while working remotely, it felt like we were attempting a new dance routine without ever having rehearsed. Our first few trips came with hiccups. Different call schedules. Late dinners because one of us was stuck in a client review. Room service that arrived during a critical status update. The works.

But slowly, we found our flow.

We learned to respect each other's work rhythms. One of us would step out for a stroll while the other wrapped up a call. We'd plan early morning outings or late-night walks depending on whose day ended first. We even started silently coordinating who takes the quiet corner in a café when there's only one socket available.

And we did this without ever needing to say much.

That's what travel does—it deepens your understanding of each other without forcing it.

It's in the unspoken “you take the better WiFi spot today” or “I'll postpone this meeting so we can catch that ferry.” It's in the gentle nudges: “Log off now. You promised me sunset today.” And it's in the shared memory of sipping chai after a long hike, laptops back in bags, hearts full.

But here's the part most people don't see: this lifestyle requires effort.

Real effort.

Balancing love and responsibility isn't easy when you live out of suitcases and take client calls from hilltops. It means adapting constantly—not just to locations, but to moods, workloads, and even *each other's evolving energy*.

There are days when one of us is stressed and the other is soaring.

Days when I'm still working and Aishwariya's already switched off, eager to explore.

And then days when the roles are reversed.

What makes it work isn't just flexibility—it's **intentional support**.

It's me pulling late-nighters to finish work so we can take that early morning hike she's been looking forward to.

It's her handling dinner plans and little logistics so I can finish that last deliverable on a Friday evening.

And yes—there are sacrifices.

Sometimes, it's a canceled dinner. Sometimes, a delayed day trip.

But what matters is the underlying **commitment to not let work steal our life.**

In fact, our travel-work-life has made us **better partners.**

We've learned to communicate clearly, fight less, forgive faster.

When you're in unfamiliar places, with flaky WiFi and unpredictable schedules, you either get stronger—or you don't last long.

For us, it made things stronger.

We laugh more now. We pause more. We prioritize not just time *with* each other—but time *for* each other.

And most beautifully, we've grown—not just as a couple, but as individuals who've seen each other shine in different worlds. She's seen me talk confidently during tense meetings from a café in Goa. I've seen her gracefully handle work stress while hiking up rocky terrain in Wayanad.

These are versions of us we wouldn't have known if we stayed in one place.

So no, it's not always picture-perfect.

But it's real. It's intentional. And it's something we wouldn't trade for anything.

The laptop life is not just about solo freedom—it can be a shared dance.

One that stumbles, rebalances, and eventually... finds its own music.

And that, in its own quiet way, is a love story worth telling.

When It All Goes Wrong (And Why That's Okay)

Let's be honest for a second. Not every trip is sunshine and perfectly brewed coffee with a view. Some days, you wake up expecting a yoga session by the beach—and end up chasing your laptop charger through a thunderstorm.

When you're working remotely from the road, things *will* go wrong. Not might. Will.

The WiFi will vanish the moment you say, "Let me share my screen."

You'll forget time zones and log into meetings 45 minutes late—or worse, 12 hours early.

You'll book the "mountain-facing" homestay only to realize the mountain is actually a water tank painted green.

And that's okay.

It's not just okay. It's *necessary*.

Because the truth is, if nothing ever goes wrong, you're not really pushing your boundaries. You're just moving your chair.

One of our most intense experiences happened in **Leh**.

The trip was a dream—until it wasn't. Aishwariya began

feeling breathless due to the high altitude. We didn't want to take chances, so we rushed her to the hospital. She was on oxygen support, under observation, and naturally, I was worried out of my mind.

But even in that moment—amid beeping monitors and cold hospital walls—I had to attend a critical client call. Not because I didn't care about her. But because some responsibilities don't come with pause buttons. I stepped into a quiet corner near the stairwell, opened my laptop on a bench, and joined the call.

I delivered what was needed. Then went right back to holding her hand.

It was one of those moments that tests you—not just as a traveler or a professional—but as a human being trying to juggle two worlds at once.

And yes, we made it through. She recovered. We both came back stronger—not just in health, but in perspective.

Not every story is that dramatic. Some are just... frustrating.

Like the time I took a call from a café in Manali and the network dropped *right* when I was making a key point. By the time I rejoined, the team had moved on. Or when the host forgot to mention their dog barks exactly every 7 minutes, like clockwork, and it echoed through every call I took.

But you know what? We survived.

Not just survived—we adapted, laughed, learned, and moved on.

That's the beauty of travel. Especially work travel.

It teaches you that **nothing is permanent—not even your problems.**

You become more patient. More flexible. More okay with not having control over everything.

And strangely, these are the same qualities that make you

better at work too.

When the internet dies mid-call, you learn to follow up via email with grace.

When your plan fails, you find new solutions without panicking.

When the day falls apart, you still find something to smile about—be it a hot chai, a kind stranger, or just the fact that your phone has 2% battery left and is *somehow still hanging in there*.

And these “failures”? They make the best stories later.

No one wants to hear about how everything went exactly right.

But everyone loves the story of that time you were in a hospital in Leh, juggling health and deadlines, and still found the strength to show up—for your family and your work.

The truth is—working while traveling is not always smooth. But it’s *always real*.

You earn every sunset. You appreciate every moment of silence. And even the messy parts? They teach you patience, adaptability, and the joy of laughing at yourself.

So yes, there will be dropped calls, wrong turns, late nights, and unexpected detours. But there will also be resilience, growth, perspective, and moments that shape you.

If you’re scared of things going wrong—good. That means you’re doing something worth doing.

Because on the other side of “oh no” is often “I’m so glad that happened.”

Just like life, the road rarely goes as planned. But trust me—sometimes, the detour *is* the destination.

Create Your Travel Calendar

So you've read the stories. You've nodded at the relatable WiFi failures. You've smiled at the sunsets, felt the rush of early morning walks in Bali, and even survived the hospital-call chaos in Leh with me.

Now comes the part that most of us delay endlessly—**the doing.**

You don't need another Instagram reel to inspire you.

You don't need more saved folders titled "*Someday*".

You need a calendar. A plan. A *date* on your timeline that says: "I'm going."

Because here's the truth: dreams float, plans land.

It's easy to say, "I'll travel more this year."

But unless you **block time**, that line will disappear by February and resurface again in December with regret.

So here's what worked for me—and can work for you too.

Step 1: Open Your Work Calendar and Yearly Planner

Yes, both. Look at your official holiday list. Add long weekends. Mark any weddings, family functions, or events that are *already* going to break your routine.

Now identify your **golden windows**—those sweet spots where a leave or two can get you 4–5 days off.

Circle them. Protect them like a new iPhone without a case.

Step 2: Set Your Travel Rhythm

Start small if you're new to this. For instance:

- **One trip per quarter** (a longer workation or getaway)
- **One weekend trip per month** (nearby, short and sweet)
- **One “wild card” slot**—for spontaneous escapes when you find cheap tickets or a sudden gap

That gives you 12+ travel experiences without touching your core work goals.

Step 3: Plan with Precision, Not Perfection

Let's say you've picked the second week of March for a 5-day trip.

Now do the reverse planning:

- Where will you go? (Within budget and within reach)
- Can you shift your meetings slightly that week to avoid stress?
- Can you start early or work late the week before to lighten

your load?

- Does your destination have WiFi? Can you do half-days?

It doesn't have to be a massive trip. Even a quiet stay in a homestay two hours away can reset your soul.

What matters is that you **go**.

Step 4: Make it Public (But Not Loud)

Tell your team in advance. Set your calendar availability. Block slots for deep work or non-meeting hours. Let people know you'll be online, but also offline when it matters.

The earlier you communicate, the fewer awkward questions you'll get later.

Step 5: Balance Workload Like a Pro

This is where most people fumble. They plan the trip... but forget to plan the **responsibility swap**.

If you're taking time off during the day to explore, compensate with deep work at night or early mornings.

If you're going fully offline for a day or two, make sure every stakeholder knows who's covering or what's scheduled.

Remember: freedom without accountability is just chaos.

But freedom **with** accountability? That's where the magic happens.

Step 6: Treat Travel Like Self-Care

You plan gym time. You plan your kid's school events. You even plan your Netflix nights. Why not plan **your own joy**?

The world isn't going to remind you to live.

You have to do that part yourself.

I'll tell you what I've learned from years of doing this:

When you schedule your travel, it's not just the trip that feels good.

It's the anticipation.

The energy.

The excitement that creeps into your workdays.

Suddenly, a deadline doesn't feel like a dead end.

It feels like a gate you're crossing to reach that homestay on the hillside.

You don't just power through Mondays—you fly through them, because you know Saturday, you're waking up to waves.

Travel doesn't have to compete with work.

It can *co-exist*—if you give it space on your calendar.

So grab a pen, open your planner, and start carving out time—not someday, not later, but now.

Because you deserve to see more of the world **while** the world sees more of your best work.

The Budget Doesn't Have to Break You

Let's address the elephant in the room.

You've probably had this thought at least once while reading this book:

"All this sounds great, but I can't afford to keep traveling like this."

Fair. Logical. And completely solvable.

Because the truth is—travel isn't expensive. *Bad planning* is.

We've been conditioned to believe that travel means luxury resorts, flights booked last minute, fine dining, and curated Instagram moments with price tags as long as your grocery bill. But that's not the kind of travel we're talking about here.

We're talking about **living while you work**, not holidaying while you splurge.

And here's the thing: **you can do it smartly.**

In fact, most of our favorite workations and weekend getaways have been done within a budget that's less than a month's worth of city cab rides and food delivery.

Let me break it down.

1. *The Power of Early Planning*

Booking stays and trains or flights even **two to three weeks in advance** can cut your costs by half. For longer trips, we book months ahead and set fare alerts. For short weekend getaways, we always check regional options—buses, trains, and even ride-sharing apps.

Example? Our Coorg trip cost us less than a fancy dinner date in Bangalore.

2. *Stay Smart, Not Fancy*

We don't look for five-star reviews—we look for **five bars of network**.

Our rule: private room, clean bed, working table, and stable WiFi.

Platforms like Airbnb, Hosteller, Zostel, and even booking sites like Agoda and MakeMyTrip often have crazy deals. And if you're traveling during off-peak times (weekdays or shoulder season), hosts are far more flexible—sometimes even offering discounts for longer stays.

3. *Cook, Don't Order (At Least Sometimes)*

A small but mighty tip. If your stay has a kitchen or common kitchen area, cook simple meals once a day. We're not saying make biryani on a Monday night—but even a bowl of instant poha or maggi can save you ₹300 per head, per meal.

That's money you can use for experiences—like paragliding, renting a scooter, or upgrading your stay on the last day for a special sunset.

4. Workation Deals & Co-Living Spaces

Here's a hack: search for “**Workation stays**” or “**remote-friendly co-living**” in the area you're planning.

We once booked a 6-night stay in a Himachal cottage with 3 meals and WiFi for less than what we would've spent on two weekend movie outings. These places are designed for people like us—working professionals who travel with laptops and love good coffee.

Many of them even offer weekly discounts, especially if you mention you'll be working during the day.

5. Be Flexible with Dates, Not Standards

You don't need to travel on Christmas weekend or Diwali break. Pick offbeat dates. Travel mid-month. Celebrate your birthday or anniversary somewhere quiet instead of throwing a party that vanishes in a day.

We once travelled to Bali in early June—off season, great weather, amazing prices, no crowd.

Same Bali. Half the price.

6. Use Tech to Your Advantage

Set flight fare alerts on Skyscanner or Google Flights. Use apps like Splitwise to track shared expenses. And check out budget travel communities like **Tripoto**, **Offbeat Tracks**, or **Indie Traveller** for ideas that don't drain your wallet.

Oh—and always compare before booking anything. Prices vary widely across platforms.

7. Know Your Spending Style

Here's something no one talks about: **your travel personality affects your budget more than your destination.**

If you're someone who likes eating local food, walking, and absorbing culture slowly—you'll spend much less than someone who wants to hit five paid attractions per day.

Neither is right or wrong.

But be honest with yourself. Travel in a way that suits your energy, wallet, and long-term goals.

You don't have to be rich to travel. You just have to be **aware**.

And here's the kicker: when you plan smart and travel light, the experiences feel *even more valuable*.

Because you know you made it happen. On your own terms. Within your limits.

And without waiting for a jackpot or a promotion letter.

So next time you say, "I wish I could afford that trip," ask yourself—

Do I *really* need more money... or just **better planning**?

Chances are, your answer will surprise you.

You Don't Need Permission (Just a Plan)

If you've made it this far—through the calls from cliffs, the suitcase wisdom, the sunsets, the stories, the stress, and the spreadsheets—there's something I need to tell you.

You're ready.

You don't need a manager to approve your calendar.

You don't need Instagram-worthy gear.

You don't need a million in the bank or a letter from the Universe.

You just need a **plan**. And a little courage.

And yes, you need to stop waiting for permission.

Permission to log off.

To explore.

To admit that you're exhausted by repetition and ready for something richer.

To create a life where *work* and *wonder* hold hands—not take turns.

No one will walk into your room and say, “Hey, now's the right time to take that trip.”

You have to choose it. You have to block that calendar. Book

that stay. Close that laptop. Open that door.

I spent years being the guy who always said, “*Maybe next quarter.*”

“*Maybe after this project.*”

“*Maybe after the next raise.*”

And all I got in return were delays, fatigue, and folders full of screenshots of places I never went.

Until one day, I did.

I said yes to a short trip. Then another. Then a longer one. I started taking my work seriously—but I also started taking my life *even more* seriously.

And slowly, the guilt faded. The fear quietened. The questions from people turned into curiosity. And curiosity turned into inspiration—not just for me, but for everyone around me.

So if there’s a voice in your head right now saying:

“Okay, I love this, but... what if it doesn’t work out?”

Let me answer that.

What if it does?

What if your next call happens from a balcony with misty hills in the background?

What if you finish a meeting and step into the sea, barefoot and free?

What if you find a version of yourself who smiles more, stresses less, and finally feels alive—not on the weekend, not on the annual vacation—but *every single day*?

You deserve that version of you.

Not when you retire.

Not when your life “settles.”

Not when your boss approves.

Now.

And if you need a sign?

This book is your sign.

It's your permission slip. Your plan starter. Your push.

Because paradise is real. It exists in moments, not maps.

It begins the day you stop waiting and start walking.

So go ahead.

Ping your team. Ping your host. Ping yourself out of autopilot.

Because the WiFi is strong, the view is ready, and the life
you've been dreaming of?

It's been waiting for you to show up.

Work Hard, Roam Easy

Let's get one thing clear: freedom without structure is just chaos in disguise.

Yes, you're traveling. Yes, you're working remotely. No, that doesn't mean you have to live like a leaf in the wind—floating from café to café, hoping your WiFi holds and your to-do list magically finishes itself.

If anything, the more unpredictable your location, the **more important your routine becomes**.

I learned this the hard way.

Our first few workations were a mess. Wake up late, rush through breakfast, take back-to-back calls, forget lunch, feel guilty for not exploring, stay up late, sleep poorly, repeat. We thought we were *living the dream*. In reality, we were *just shifting stress to a prettier background*.

Then something clicked. We didn't need a strict 5 AM workout plan or a minute-by-minute calendar. We needed a **ritual**. Something that gave us rhythm without robbing us of flexibility.

So we built a **travel routine**—a fluid framework that moved with us, not against us.

Here's how we did it. And how you can too.

1. Start Your Day With Something Non-Digital

Whether it's a walk, meditation, journaling, a few stretches, or just sipping chai while watching the sky change color—**claim your morning** before the world grabs it.

This 15–30 minutes of quiet becomes your anchor. It reminds you that you're not just a worker in transit—you're a person with presence.

When we were in Bali, our mornings often started with a stroll to the beach. No phones. Just salty air, crashing waves, and the slow shift into wakefulness. That single habit changed everything. It made work feel like a choice, not a burden.

2. Design Your Core Work Block

Figure out when your energy is highest, and block those hours for deep work. For me, it's usually mornings till early afternoon. For Aishwariya, it's post-lunch. So we plan accordingly—one handles lunch orders while the other finishes reports. Then we switch.

Build a **ritual around logging in**. Light a candle. Play a playlist. Clean your desk space—even if it's a café table. Your mind follows your setting.

3. Eat Well. Rest Well. Hydrate Always.

This sounds boring, but it's the first thing that breaks when you're on the move.

Skipping meals or surviving on junk may seem exciting, but

your productivity and mood take a hit. So does your health.

We carry:

- Reusable water bottles
- Dry fruits, tea bags, oats (great for last-minute breakfast)
- ORS, vitamin tablets, and our “just in case” medical pouch

Small things, big impact.

Also, if you’re in a homestay or long-stay apartment—**cook once a day**. It saves money and anchors you to something familiar.

4. Create a Closing Ritual

When you’re working from a homestay, it’s easy to “just keep going.”

One more email. One more update. One more message...

But you didn’t travel to stare at a screen all day. Create a **ritual to shut off**.

For us, it’s taking a short walk or doing 10–15 minutes of yoga. Sometimes, it’s just putting the laptop inside the backpack and zipping it shut like you’re locking the day away.

This tells your brain: *You’re done. Go live now.*

5. Weekly Reset: Don’t Just Travel. Reflect.

Every Sunday or end of trip segment, we do a short reflection:

- What worked well this week?
- Where did we feel off?
- What can we do better next time?

It's like a travel-life journal—raw, real, and full of “next time I'll...”

This small habit helped us *improve every trip*. Better bags. Better schedules. Better sleep.

Here's what I've learned after dozens of trips, multiple routines, and several missed meals:

The routine doesn't trap you. It frees you.

Because once your mind stops wondering when you'll eat, how you'll work, and where you'll rest—it *starts focusing on what matters*.

Like that mountain outside your window.

Or the person across from you who just wants you to log off on time.

Or that dream you've been quietly building while also replying to emails.

A good travel routine lets you work better and live *louder*.

It's not about control—it's about clarity.

So wherever you are right now—on a bus, in a guesthouse, planning your first escape—remember:

The best routine isn't the one with the most rules.

It's the one that **brings you peace**.

The People You Meet Along the Way

No one tells you this, but one of the best parts of traveling while working isn't the places—it's the people.

And I'm not talking about networking events or business leads. I'm talking about the kind of people you meet *because* you chose to step out of routine. People who have zero idea what you do for a living—and honestly, don't care. People who offer help not because they have to, but because they just do.

We didn't plan to meet them. They just... showed up.

Like the time we were flying back to India, running hopelessly late for our return flight. The check-in was about to close, and the immigration line looked like a never-ending maze. We were tired, tense, and seconds away from panic.

And then it happened. One by one, every single person standing ahead of us in line let us jump forward.

They smiled, moved aside, and even encouraged us with little nods like "go, go." No questions. No drama. Just quiet kindness in a busy, noisy airport.

We made it. Not just on time, but with hearts full. Because honestly? That crowd of strangers, in that moment, restored

something in us.

Another time, in Thailand, we visited a beautiful temple. We sat for a while, soaking in the peace—phones on silent, finally disconnected in a good way. It was one of those rare quiet travel moments. We left feeling light.

Only to realize, much later, that I'd forgotten my phone right there on the temple floor.

We were halfway to our hotel when it hit me. Panic came first. Then guilt. Then worry. But our taxi driver—who could've simply dropped us and gone on with his day—offered to turn back without hesitation.

We rushed back, only to find the temple was closed. My heart dropped.

But then the security guard stepped in. He calmly unlocked the gate, walked with us, and helped search the area. The phone was still there, untouched. Just sitting where we had been. Safe. Waiting.

We didn't speak the same language, but I don't think we needed to. Some things don't need subtitles.

These aren't big gestures. But they're the kind that make the world feel small in a good way.

And they're not rare. In fact, they happen all the time—when you pay attention.

There's the café guy in Goa who offered me extra sambhar without asking.

The lady in Manali who ran out of her store to return my wallet before I even knew it was gone.

The elderly couple we shared a bonfire with in Coorg, who ended up giving us life advice like we were their own kids.

It's funny. We spend so much time planning the place—checking for deals, reading reviews, saving pins. But it's the

unplanned people that make the trip stay with you.

Even the random ones.

The fellow remote worker at the next table who tells you about a quiet co-working café.

The stranger who helps you read the menu in a language you don't know.

The small child who laughs and waves at you through a bus window, and somehow that 5-second exchange turns your whole day around.

And then there are the ones who travel with you.

You start as strangers, nodding awkwardly at the breakfast table.

Three days later, you're exchanging snacks and phone chargers, debating which chai place is better, and sharing playlists.

You don't keep in touch forever. And that's okay.

But for a few days, they make the journey better. And you make theirs.

That's the kind of connection you don't get when you stay put.

Now don't get me wrong—not every interaction will be magical. Sometimes you'll meet rude people, get scammed, feel out of place. It happens. But the good ones far outweigh the bad. You just have to stay open enough to notice.

So here's what I've learned:

- Put your phone down once in a while.
- Ask questions. Listen to accents. Learn how to say “thank you” in at least three languages.
- Compliment someone's cooking. Offer your seat. Help someone take a photo.
- Smile first.

Because you're not just visiting places. You're passing through someone's *everyday life*—and that's sacred in its own way.

You'll remember the sunset, sure.

But the thing that'll stay with you forever?

The person who helped you reach it.

Unpacking More Than Luggage

Nobody prepares you for the part when you return.

There's a silent emptiness to it. The bags are heavier, but your heart's still floating somewhere between the mountains, a beach café, and a quiet street where you heard birds you couldn't name.

The first morning back is always the weirdest. You wake up expecting a new view outside the window. Your fingers instinctively reach for your phone to check the next map route. But all you see is the ceiling you left behind and a to-do list that feels like it belongs to someone else.

Everything around you is familiar—but you're not the same.

I've felt this more than once. After Coorg. After Dubai. After Bali. That pause between the high of the trip and the reality of return. The brain is back in its time zone, but the soul is still sipping lemongrass tea in a homestay somewhere, wondering why we ever left.

It's not that you don't want to come back. Of course, you do. There's comfort in home, in routine, in a favourite pillow. But there's also a shift. A subtle one. One that you only notice when

you find yourself walking slower, thinking deeper, or randomly missing that friendly stranger from Thailand who helped you find your phone when the temple had already shut.

Coming back isn't just about unpacking your clothes—it's about integrating the pieces of yourself you found while you were away. That version of you that managed deadlines from the hills. The you that woke up at 6 AM in Dubai to finish meetings just so you could catch the sunset by the creek. The you that proved to yourself—again—that you can handle work *and* wonder.

And if you've done it once, you start to ask: why not again?

Because now you know it's possible.

You've seen how to make a presentation on a moving train. You've led client calls from cafés with questionable Wi-Fi but unforgettable coffee. You've finished reports at 2 AM because your afternoon was spent exploring a spice farm—and still delivered better than when you were “available” 9 to 6 every day.

That's the real shift. Not in geography. In mindset.

The more we travelled, the more I noticed this quiet upgrade in how I saw work. I wasn't just showing up because the clock said so. I was showing up because I wanted to be someone who kept their word—even when the surroundings were tempting me to just lie in a hammock.

I'd often tell people who asked how we “balanced it all”: I take breaks when needed, yes. I walk out for fresh air, yes. But I *always* make up for that time—sometimes late at night, sometimes on a weekend. Not because someone told me to. Because I care.

That sense of ownership doesn't fade when you come home. In fact, it becomes stronger. You realize how much freedom

you've created for yourself—not just in kilometres, but in the way you've learned to trust your rhythm.

The funny part? You start applying that same travel mindset at home.

You try new cafés instead of your usual ones. You work near windows. You walk more. You talk less on unnecessary calls. You say “no” more confidently. You romanticize local sunsets because now you know how quickly they can disappear.

And then, of course, you start planning the next one.

Even before the dust on your suitcase settles, your brain is already doing the math—when's the next long weekend? How many leaves do I have left? Can I squeeze a hill station trip in between those two deliverables?

It's not escapism. It's curiosity, now turned into a lifestyle.

Coming home doesn't end the story. It simply gives you a place to reflect, recharge, and realign for the next chapter. It's like pausing between episodes of a great show—not because the story's over, but because the next part's going to be even better.

You return not to resume life, but to *refresh it*.

So if you ever feel that odd silence the day after you return from a trip, know that you're not broken. You're just adjusting. You've grown again, stretched again, seen the world again—and now you're trying to fold all that back into your old wardrobe.

It'll fit. You'll find a way. And when you do, it'll feel like magic.

Because now you don't just live at home.

You live with the knowledge that the world is yours to explore—and that your laptop, oddly enough, helped you get there.

From One Screen to Another

If you've reached here, I hope you smiled at least once, nodded somewhere, maybe even whispered "I want this life" under your breath.

That's why I wrote this.

Not because I've figured it all out.

Not because my travels are flawless or my workdays are perfectly structured.

But because somewhere between Zoom calls and ziplines, I realised—**this is possible**.

You can be a responsible employee *and* a curious traveler.

You can keep your promises *and* chase sunsets.

You can live a full, grounded, grown-up life *and* still feel like you're writing your own coming-of-age story every few months.

All it takes is one small yes.

Yes to booking that ticket.

Yes to taking that laptop along.

Yes to waking up in new places and trusting that your routine will catch up to you.

Yes to knowing that you're not behind—just building life a

little differently.

And maybe this book doesn't give you a roadmap. But if it gave you *permission*—to believe in a life that's flexible, joyful, and honest—then I'm happy.

To every reader who made it this far: **thank you.**

Thank you for trusting my stories.

Thank you for walking through airports and hill stations with us.

And thank you, most of all, for dreaming again—even if it's just a little.

Because that's how it starts.

Pack light.

Work smart.

And when in doubt, just find Wi-Fi and keep going.

Ping me from your paradise someday.

I'll probably reply between meetings—with a smile.

— Adarsh



About the Author

Adarsh Nair is a data scientist by profession and a storyteller by instinct—someone who once lived life by the calendar until he decided to live it by curiosity instead.

From spreadsheets in skyscrapers to tea breaks in Himalayan homestays, Adarsh has built a life that blends work and wander, discipline and detours, laptops and landscapes. He's not a full-time traveler. He's something more practical—and perhaps more inspiring: a full-time professional who chose to see the world *without hitting pause on his career*.

Alongside his wife and travel partner, Aishwariya, he's explored beach towns, mountain trails, bustling cities, and the quiet corners most people miss. Together, they've turned remote work into a passport—not just for travel, but for re-discovery.

When he's not analyzing data or catching flights, Adarsh writes from the heart—honest, funny, and rooted in real life. *Ping Me From Paradise* is his first book, born out of personal experiences, missed trains, magical mornings, and the belief that you don't need to escape your life to enjoy it.

You just need WiFi, a window seat, and the courage to say “yes.”

You can connect with me on:



<https://adarshnair.online>



<https://x.com/adarshnair01>



<https://www.facebook.com/adarshnair01>