

# How to Tell You've Been Traveling Too Much

"You're so lucky! You have a job that lets you travel!" Travel has become far less glamorous, especially for road warriors whose duties take them to meetings all over the country. No one I've met would change it for the world, but there are times when it strikes you that – perhaps – the travel has had an unanticipated effect on life. For most of us, our travel consists of the trip to the airport, the security line and gate area (sometimes with an airline club thrown in), baggage claim, a cab or rental car ride, a hotel check-in area, and the ballroom or convention center where the meetings are held. While everyone else is out partying, we're in our rooms finalizing the script, solving problems, or collapsing from a long, intense day – and trying to recharge for the next.



Here are some things that might indicate you've been traveling (perhaps) a bit too much.

## When at home:

- You turn on the television and are surprised when it comes on to the last channel you watched instead of the hotel menu
- You look for one of those paper shields in your bathroom
- You wave your hands under the faucet expecting the water to come on
- You leave your towels on the floor and wonder why they are still there when you come back
- You wake up in the middle of the night and have to stop to think about which way it is to the bathroom
- You check your watch before calling your spouse so you can calculate what time it is there
- You get to the theatre and look at your ticket to check whether it's a window or aisle seat
- You don't open your door on the weekend because you don't expect a newspaper
- You get up in the morning and start looking for your name badge before going down to breakfast
- In the parking lot you look for your own car until you remember what your rental car looked like

## When on the road:

- You've had so many different hotel room numbers in one week that when you get on the elevator you can't remember which floor to push
- The people working for the airline recognize you when you check in – and tell you that you are there WAY too often
- Flight attendants recognize you when you get on board
- You recognize flight attendants
- You get to baggage claim and the staff there waves and welcomes you home
- Someone mentions a city and you first think of the airport or convention center

So hearty thanks to the flight attendants, pilots, hotel personnel, taxi drivers, and restaurant workers who often have no idea how much they can make – or break – a day in a life on the road.