

Why Inspired Escape Club Exists

July 2026 Dispatch

Dear Friend,

For a long time, I believed escape was something I had to earn. I told myself I could rest after the work was done. I could travel when life settled down. I could dream when the responsibilities were lighter, the bills were paid, the schedule was less demanding, and everyone else had what they needed.

If you're anything like me, you already know how that story ends. There is always one more responsibility. One more obligation. One more reason to put yourself last.

As a solo mom, I spent years pouring my energy into everyone and everything around me. Somewhere along the way, I realized I had become very good at surviving and much less skilled at simply living.

I missed adventure. I missed curiosity. I missed the version of myself that still believed there were places to explore and dreams worth chasing. So I began searching for small moments of escape. Not grand escapes. Not luxury vacations. Not running away from my life.

Just moments.

A book that transported me somewhere else for an hour. A travel documentary that reminded me the world was larger than my worries. A journal entry written before the rest of the house woke up. A walk with no destination. A quiet cup of coffee and permission to simply exist.

What I discovered surprised me. Escape wasn't about leaving my life behind. It was about finding my way back to myself. That realization became the foundation for Inspired Escape Club. This space was created for women who are carrying a lot, giving a lot, and holding everything together while quietly longing for more. More peace. More wonder. More joy. More adventure. More room to breathe.

Here, you'll find travel inspiration, stories, guided audio experiences, self-care resources, meditations, and reminders that your dreams matter too. Not because you have to become someone new. But because you deserve opportunities to reconnect with the person you've always been.

I believe escape can be found in a weekend getaway, but also in a five-minute pause. I believe travel can change us, but so can reflection. I believe rest is productive. I believe curiosity is healing. And I believe it is never too late to reclaim parts of yourself that life asked you to set aside.

Whether you've been here since the beginning or you've just discovered Inspired Escape Club today, I'm grateful you're here. Thank you for sharing this journey with me. Until next time, make space for wonder. Make space for yourself.

And remember, you do not need permission to begin again.

With gratitude,

Nneka Selem

Creator of Inspired Escape Club