



TRAVEL REFLECTION SERIES



Journal Prompts For *LG B TQ* # Travelers

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LGBTQ+ EDITION

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15 Journal Prompts for LGBTQ+ Travelers

1. Where did I feel most like myself today?
2. What did safety look and feel like here?
3. When did I experience joy without shrinking?
4. How did I express my identity freely?
5. What moment felt affirming?
6. Who or what made me feel seen?
7. What boundaries did I honor today?
8. What did belonging feel like in this place?
9. How did travel expand my sense of freedom?
10. What does queer joy look like here?
11. Where did I feel most at ease?
12. What space allowed me to exhale?
13. How did I navigate visibility today?
14. What did chosen family look like on this trip?
15. What felt healing?



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