



TRAVEL REFLECTION SERIES



Journal Prompts For *Men* Travelers

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MEN EDITION

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15 Journal Prompts for His Journey

1. What did I learn about myself outside my usual environment?
2. Where did I feel most capable or confident today?
3. What responsibility did I consciously set down on this trip?
4. What moment reminded me to slow down?
5. How did I move through this place with awareness?
6. What did rest look like for me today?
7. When did I trust my instincts?
8. What challenged me in a productive way?
9. What did independence feel like here?
10. What moment felt grounding?
11. How did I show discipline or flexibility today?
12. What did I notice when I wasn't performing for anyone?
13. What emotion surfaced that surprised me?
14. Where did I choose presence over productivity?
15. What did this destination reflect back to me?



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