



TRAVEL REFLECTION SERIES



Journal
Prompts
For *Safe*
Travelers

@ALWAYSONTHEGOTRAVELS

AOTGTRAVELS.COM



SOLO EDITION

@ALWAYSONTHEGOTRAVELS

15 Journal Prompts for Traveling With Yourself

1. What does freedom feel like on this trip?
2. When did I trust myself the most today?
3. What fear did I move through?
4. What did solitude teach me?
5. What energized me without explanation?
6. How did I show myself care today?
7. What felt grounding?
8. What moment made me feel proud?
9. What part of me feels expanded?
10. What routine would I bring home from this trip?
11. When did I feel deeply present with myself?
12. What did I enjoy doing alone?
13. What did silence reveal?
14. What challenged my comfort zone?
15. What moment felt empowering?



HIT THAT
LIKE BUTTON



BOOKMARK
FOR LATER