



Travel Reflection Series

TRAVEL REFLECTION SERIES



Journal Prompts For *Women* Travelers

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WOMEN EDITION

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15 Journal Prompts for Her Journey

1. Where did I feel most confident in my body and presence today?
2. What did safety feel like for me in this place?
3. How did I move through this destination on my own terms?
4. What boundary did I honor today?
5. When did I trust my intuition and how did it serve me?
6. What moment made me feel powerful in a quiet way?
7. How did I make space for rest without guilt?
8. What did pleasure look like for me today?
9. Where did I allow myself to soften?
10. What part of myself felt most alive here?
11. How did I choose myself today?
12. What fear did I move through or decide not to entertain?
13. How did travel shift how I see myself?
14. What did independence feel like in this moment?
15. Where did I feel supported or protected?



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