

WIDOW SOLO TRAVEL

JOURNAL PROMPTS

*Honoring love while discovering
your own way forward.*

A Gentle Note Before You Begin

Traveling solo as a widow carries layers of emotion — courage, grief, independence, longing, hope, loneliness, and rediscovery. These prompts support you as you honor your loss, navigate the world on your own terms, and build a new relationship with yourself through travel.

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Grieve. Go. Grow

Part 1 — Before the Journey Begins

1. What is motivating me to travel after my divorce?
2. What part of myself am I hoping to reconnect with on this trip?
3. What emotions surface when I imagine traveling alone again?
4. What fears do I have about traveling post-divorce — and what might those fears reveal?
5. What expectations am I releasing before I go?

Part 2 — Identity & Rediscovery

1. How has divorce changed the way I see myself?
2. What version of me is beginning to emerge?
3. What strengths have surfaced in this new chapter?
4. What does independence mean to me now?
5. What part of my identity feels ready to grow?

Part 3 — Healing, Release & Emotional Space

1. What emotions am I carrying into this journey?
2. What emotional weight do I want to set down while I travel?
3. What memories or thoughts tend to surface — and how can I meet them with compassion?
4. What does emotional safety look like for me while traveling?
5. What rituals or grounding practices will support me?

Part 4 — Travel as Reclamation & Freedom

1. What feels different about traveling without a partner?
2. What freedoms exist now that didn't before?
3. What places or experiences excite me as I imagine my next chapter?
4. How does exploring somewhere new help me rewrite my story?
5. When did I feel a flicker of joy, curiosity, or possibility today?

Part 5 — Boundaries, Self-Trust & Confidence

1. What boundaries feel important for me on this trip?
2. How can I protect my emotional energy while traveling?
3. What decisions did I make today that showed self-trust?
4. Where did I show courage — even in small ways?
5. How is my confidence shifting as I move through this journey?

Part 6 — Integration, Hope & Next Steps

1. What am I learning about myself through travel?
2. What moments of clarity or truth emerged on this trip?
3. What do I want future travels to feel like?
4. What do I want to bring home — emotionally or spiritually — from this journey?
5. What is one hopeful next step I want to take in this new chapter?

