

TRAVEL LOGISTICS & COMFORT

JOURNAL PROMPTS

Practical ease for a soul-centered journey.

A Gentle Note Before You Begin

Feeling prepared makes travel feel safer and more enjoyable. These prompts help you navigate the practical side of solo travel — from planning and packing to comfort, transportation, and personal needs — so you can move confidently and calmly through each step of your journey.

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Grieve. Go. Grow

Part 1 — Understanding My Travel Anxiety

1. What situations or thoughts trigger my travel anxiety the most?
2. What fears sit beneath my anxiety — safety, capability, unknowns, emotional overwhelm?
3. What past experiences shaped the way I feel about travel now?
4. What sensations do I feel in my body when travel anxiety rises?
5. What is my anxiety trying to protect me from?

Part 2 — Calming My Inner World

1. What grounding tools help soothe my nervous system?
2. What thoughts help me feel calmer before or during travel?
3. What does emotional safety look like for me while traveling?
4. What comforts (items, routines, practices) help me feel secure?
5. What support — internal or external — helps me feel less alone in my anxiety?

Part 3 — Building Trust in Myself

1. What strengths have helped me through past challenges?
2. When was the last time I handled something difficult while traveling?
3. What skills do I already have that make me a capable traveler?
4. What small travel victories am I proud of?
5. What part of myself is easier to trust when I'm on the road?

Part 4 — Confidence Through Preparation

1. What steps can I take to feel more prepared for my next trip?
2. What unknowns can I reduce through research or planning?
3. What boundaries would help me feel more comfortable while traveling solo?
4. What safety practices make me feel empowered rather than fearful?
5. What would “prepared but not overwhelmed” look like for me?

Part 5 — Expanding Comfort Through Small Steps

1. What small travel step feels doable right now (a day trip, a new café, a solo walk)?
2. What would it feel like to stretch just one inch outside my comfort zone?
3. What could I try that feels both safe and slightly challenging?
4. What moment recently made me feel a spark of confidence?
5. What do I want my next brave step to be?

Part 6 — Becoming a More Confident Traveler

1. How do I want to feel on my next trip?
2. What version of me shows up when I feel confident?
3. What travel experiences help me feel strong, present, and capable?
4. What will I no longer let anxiety take from me?
5. What intention do I want to hold for future travels?

