

# IDENTITY & SOLO TRAVEL

## JOURNAL PROMPTS

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*Rediscovery in the quiet of your own company.*

### A Gentle Note Before You Begin

Solo travel has a way of revealing who you are beneath the grief, expectations, and life changes. These prompts help you explore identity — past, present, and emerging — through the experiences, emotions, and clarity that traveling alone brings.

[www.solospirit.net](http://www.solospirit.net)

*Grieve. Go. Grow*

### **Part 1 — Imagining What's Calling You**

1. What destinations have been quietly calling to me — and why?
2. What type of landscape feels healing right now: mountains, ocean, cities, forests, desert?
3. What place feels like it would breathe life back into me?
4. What would a dream trip look like if money and time were not factors?
5. What emotions do I want my next trip to bring?

### **Part 2 — Travel as Inspiration & Hope**

1. What does dreaming about travel awaken in me?
2. What part of myself comes alive when I imagine new places?
3. How does imagining a future trip shift my outlook?
4. What symbols of hope, healing, or transformation do certain destinations hold for me?
5. What kind of traveler do I want to be in this chapter?

### **Part 3 — Exploring Travel Style & Preferences**

1. What type of travel feels most aligned with my current energy (slow travel, adventure, nature, culture, rest)?
2. What do I need more of in my travels: solitude, connection, creativity, challenge, comfort?
3. Do I prefer structured itineraries or intuitive wandering — and why?
4. What comforts or non-negotiables matter most to me when planning a trip?
5. How does my travel style shift during different emotional seasons?

### **Part 4 — Turning Dreams Into Direction**

1. What is one destination I want to explore more deeply?
2. What experiences do I dream of having there?
3. What feelings do I hope the journey will create?
4. What is one small step I could take toward planning this trip?
5. What would make this dream feel more possible?

### **Part 5 — Realistic, Gentle Planning**

1. What time of year feels best for me to travel next — and why?
2. What type of lodging would feel restful and supportive?
3. What budgeting approach feels empowering rather than stressful?
4. What travel tools (apps, lists, notes) help me stay grounded?
5. What boundaries or intentions do I want to set for this trip?

### **Part 6 — Mapping Out My Future Travel Chapter**

1. What destinations are on my soul's "must experience" list?
2. Which travel dreams feel like they belong in the near future?
3. Which ones feel like long-term dreams?
4. How does travel fit into the person I'm becoming?
5. What intention do I want to carry into the next place I explore?

