

TRAVEL THROUGH LIFE TRANSITIONS

JOURNAL PROMPTS

New paths for a life in motion.

A Gentle Note Before You Begin

Life transitions — whether expected or sudden — can leave you feeling unsteady, overwhelmed, or unsure of who you're becoming. Travel offers space, clarity, and perspective. These prompts help you explore how movement can support healing, grounding, and transformation during life's shifting seasons.

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Grieve. Go. Grow

Part 1 — Preparing Emotionally for Travel

1. What emotions arise when I think about traveling alone as a widow?
2. What fears or hesitations surface — and what do they reveal about my healing?
3. What part of me is seeking travel right now: clarity, escape, courage, connection, or something else?
4. What emotional expectations am I carrying into this journey?
5. What does it mean for me to take this trip without my partner?

Part 2 — Honoring Grief & Memory While Traveling

1. What memories of my partner surface when I think about travel?
2. How can I honor them gently during this trip?
3. What rituals, symbols, or small gestures help me feel connected to them?
4. What emotional triggers do I anticipate — and how can I support myself through them?
5. How do I want to hold space for grief on this journey?

Part 3 — Meeting Myself in a New Way

1. What part of myself feels different when I travel solo now?
2. What strengths do I bring into this new version of traveling?
3. What moments of courage have shown up during past trips?
4. How does being in a new place change the way I see myself?
5. What does independence look like for me in this chapter?

Part 4 — Navigating Loneliness & Emotional Waves

1. What moments during travel tend to feel the most lonely — and why?
2. What helps me stay grounded when a wave of grief hits on the road?
3. What comfort tools can I bring or use while traveling?
4. Who or what helps me feel supported, even from afar?
5. What would I say to myself in a tender moment of loneliness on this trip?

Part 5 — Rediscovery, Freedom & Unexpected Joy

1. What have I discovered about myself through solo travel as a widow?
2. What small moments of joy or curiosity have surprised me on past trips?
3. What does freedom feel like now?
4. What experiences am I excited to explore on this journey?
5. What new parts of myself am I meeting in this chapter?

Part 6 — Integration, Growth & Next Steps

1. What wisdom or clarity do I want to bring home from this trip?
2. What part of myself felt most alive while traveling?
3. What did this trip teach me about grief, strength, or identity?
4. What new intentions do I want to set for future travel?
5. How am I continuing to grow — in healing, independence, and hope?

