



Journal Prompts for Solo Travelers

Grieving Life Changes

Honoring What Was

1. Who or what are you grieving? Write a letter to them or it.
2. What are the hardest parts of this loss to put into words?
3. What's one memory you want to carry with you forever?
4. How has grief changed your sense of self?
5. What do you miss most—and why?

Naming the Now

6. What brought you to this place, right now?
7. How are you feeling today—really?
8. What small thing brought you comfort today?
9. What are you avoiding thinking about?
10. What does “healing” look like for you in this season?

Reclaiming Joy and Presence

11. What moment today made you smile, even briefly?
12. What's something beautiful you noticed in your surroundings?
13. How does this place reflect something inside you?
14. Describe a moment when you felt strong.
15. What's one thing you're proud of yourself for?



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Letting Go + Making Space

16. What pain are you still holding onto?
17. What would it feel like to forgive yourself?
18. What do you need to release in order to move forward?
19. What do you wish others understood about your grief?
20. What weight are you tired of carrying?

Looking Ahead

21. What do you hope this trip will show you?
22. How have you surprised yourself lately?
23. What kind of life are you creating now?
24. Who are you becoming?
25. What's a dream you want to explore in the future?

Bonus: Reflective Travel-Inspired Prompts

26. What does this landscape teach you about healing?
27. If your grief were a place, what would it look like?
28. What's something this journey has revealed about your resilience?
29. What do you want to remember from this trip?
30. What's one message your past self needs to hear from you now?