



# SOLO SPIRIT

## Travel Reflections

A gentle space to pause, remember,  
and honor the journey.



### 1. Trip Details

Destination: \_\_\_\_\_

Dates: \_\_\_\_\_

Trip Type: \_\_\_\_\_



### 2. How I Felt Arriving

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### 3. Moments I Want to Remember

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### 4. What Surprised Me

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### 5. What I Learned About Myself

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### 6. My Favorite Place or Moment

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### 7. This Trip Helped Me...

Slow down by \_\_\_\_\_

Feel brave by \_\_\_\_\_

Find joy in \_\_\_\_\_

Honor my healing by \_\_\_\_\_



### 8. Notes to My Future Self

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