

TRAVEL DREAMS & PLANNING

JOURNAL PROMPTS

Where imagination plants its next step.

A Gentle Note Before You Begin

Dreaming about travel can be healing. It gives your heart something to reach toward. These prompts help you imagine where you want to go, explore what those places mean to you, and gently plan trips that align with the version of yourself you're becoming.

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Grieve. Go. Grow

Part 1 — Understanding the Transition

1. What transition am I currently moving through, and how is it shaping my inner world?
2. What emotions feel strongest in this season of change?
3. What part of this transition feels the most overwhelming?
4. What part feels strangely hopeful or freeing?
5. What is the biggest internal shift I'm experiencing?

Part 2 — Why Travel Is Calling Me in This Season

1. Why is travel appealing to me right now?
2. What am I seeking through this trip: clarity, escape, rest, identity, courage, perspective?
3. What feels different about traveling during this transition than in the past?
4. What does movement offer that staying still cannot?
5. What intention do I want to set for this journey?

Part 3 — Travel as a Mirror for Change

1. What is this place revealing about who I am becoming?
2. How does being in a new environment shift my mindset or emotions?
3. What old parts of myself feel present — and what new parts are emerging?
4. What small moments of clarity have appeared on this trip?
5. What does this journey show me about what I want next?

Part 4 — Navigating Emotional Waves & Uncertainty

1. What emotions surface when I'm in unfamiliar places?
2. What helps me feel grounded when things feel uncertain?
3. What coping tools support me most while I'm away?
4. How can I stay gentle with myself when waves of emotion arise?
5. What would I say to myself in a moment of doubt or fear?

Part 5 — Rediscovery, Identity & Growth

1. Who am I becoming in this season of change?
2. What part of my identity feels strongest on this trip?
3. What part of myself am I meeting again — or for the first time?
4. What experiences feel aligned with the life I'm growing toward?
5. What inner strengths are emerging as I travel?

Part 6 — Integration & The Path Ahead

1. What insight from this trip do I want to carry home with me?
2. What feels lighter or clearer after traveling?
3. What new possibilities or dreams surfaced on this journey?
4. What next step — even a small one — feels right in this transition?
5. What intention am I holding for the next phase of my life?

