

# HEALING THROUGH TRAVEL

## JOURNAL PROMPTS

---

*Let the world hold what feels heavy.*

### A Gentle Note Before You Begin

Finances can feel overwhelming after loss, divorce, job changes, or major transitions. These prompts help you explore the emotional side of money, rebuild a sense of stability, and understand what financial safety means to you in this chapter.

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

*Grieve. Go. Grow*

### **Part 1 — Preparing for the Journey**

1. What is calling me to travel at this moment in my life?
2. What part of me is seeking clarity, rest, escape, or transformation through this trip?
3. How do I hope this journey will support my healing?
4. What emotions surface as I prepare to travel with a tender heart?
5. What intentions would feel grounding for this trip?

### **Part 2 — Movement as Medicine**

1. How does movement—walking, flying, exploring—shift my emotional state?
2. What part of myself feels different when I am away from home?
3. What feels easier to release when I travel?
4. What feels harder to carry when I'm in a new place?
5. What emotions become clearer when I'm in motion?

### **Part 3 — Presence, Grounding & Awareness**

1. What moments today helped me feel present?
2. What small sensory details (smells, sounds, colors) brought me comfort?
3. When did I feel most grounded on this trip?
4. What surprised me emotionally today?
5. What does “slowing down” look like in this new environment?

### **Part 4 — Travel as Mirror**

1. What is this place revealing about who I am now?
2. What part of myself feels more visible or alive here?
3. How does this location reflect my grief, my growth, or my longing?
4. What differences do I notice between the “home version” of me and the “traveling version” of me?
5. What truth or emotion is rising to the surface during this journey?

### **Part 5 — Connection, Meaning & Memory**

6. What connections (big or small) helped me feel less alone today?
7. What moment felt meaningful or symbolic during this trip?
8. In what ways does traveling help me honor my loved one or my past?
9. What new memories am I creating that bring comfort rather than guilt?
10. What personal ritual could I bring into future travels?

### **Part 6 — Integration, Return & What Comes Next**

11. What am I bringing home emotionally from this journey?
12. What part of myself feels stronger or clearer after traveling?
13. How has this trip shifted my perspective on grief, growth, or possibility?
14. What habits, insights, or feelings do I want to carry into my daily life?
15. What is my next step in healing — on the road or at home?

