



Journaling Prompts for *Empty Nests*



Sometimes the best way to begin a new chapter is by writing it yourself. Use these empty nest journaling prompts to reflect before, during, or after your first solo journey:

1. Who am I today, beyond my role as a parent?
2. What parts of myself have I put aside while raising children that I'd like to rediscover?
3. If I could design my ideal day — just for me — what would it look like?
4. What feelings come up when I think about traveling alone? Excitement? Fear? Curiosity?
5. What is one dream or destination I've always carried in my heart? What stops me from going there?
6. How do I want my home to feel now that it's an "empty nest"?
7. What values or passions do I want to guide this next season of life?
8. When have I felt the most free in the past, and how can I recreate that feeling now?
9. What do I hope solo travel will teach me about myself?
10. Looking five years ahead, what story do I want to be able to tell about this chapter of my life?

Bring a travel journal with you on your first solo adventure. Even a few lines a day — describing a meal, a conversation, or a feeling — can become a map of your healing and growth.