

Where She Goes

Journal Prompts to Reflect on Your Adventures

The Journey

What was the journey like to be here? What happened along the way?

Did you learn anything new on the journey?

Who did you meet while traveling to this place?

What was your favorite part of the journey?

Did you reach here by car, plane, train?

Was it a long journey? How did you feel once you reached your destination?

What songs did you listen to on the way that take you back to this trip?

Make It Extra Personal

Slip These into Your Journal:

Transportation Tickets

Printed Photos

Leftover Currency

Brochures

The Destination

Describe your current surroundings.

How does this place make you feel?

Why did you want to be here? Did you want to be here?

What surprised you most about this place?

Who are you traveling with?

What have you learned about this place since arriving?

What's a funny story you would tell your friend about this trip?

Where did you explore off-the-beaten-path?

Did you try any unique foods?

How would you describe this place to a friend or family member?

Name one thing you never want to forget about this place.

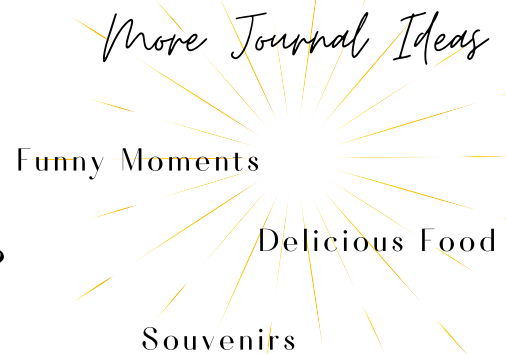
www.shegoesthedistance.com

Where She Goes

Journal Prompts to Reflect on Your Adventures

The Return

- What is a memory you'll cherish forever from this trip?
- Did you enjoy your trip? If not, why?
- What did you learn about yourself after visiting this place?
- What could have gone better?
- How do you feel after leaving? Would you return?
- Name three things you are grateful for from this trip.
- Describe your favorite photo from this trip.



Travel Memory Keeping

- Write about the first travel memory that comes to mind.
- Doodle a monument or favorite place you have visited that made you want to pinch yourself.
- Describe your first travel experience. What were you feeling? Scared? Excited? Anxious?
- Make a list of all the people you've met while traveling.
- What's one thing you would change about travel?
- What's one thing you want to do better while traveling?
- Where's your favorite place to travel with family? Describe it in vivid detail.
- Describe a place you've visited through using all five senses.
- If you could choose one place you've been to stay forever, which one would it be?

www.shegoesthedistance.com