TRAVEL JOURNAL PACK

30 Travel Journal Prompts

Before you go · On the trip · After you come home

Before You Go

1. What made you want to take this trip?
2. What are you most looking forward to experiencing?
3. What would you like to notice more carefully while you are away?
4. What do you hope to learn about yourself on this journey?
5. Which small comforts would make this trip feel more like yours?
6. What are you leaving behind for a little while, and how does that feel?
7. What would make this trip meaningful, even if nothing goes to plan?
8. What is one intention you would like to carry with you?

On the Trip

9. What moment from today would you like to remember?
10. What detail did you notice that you might otherwise have missed?
11. What did you see today that made you pause?
12. Which sound, smell, or taste feels especially connected to this place?
13. What was the most unexpected part of your day?
14. Who did you meet, speak with, or notice along the way?
15. What small kindness did you give or receive today?
16. When did you feel most present during this trip?
17. What did you try today that was new to you?
18. Which place would you like to describe so you can picture it again?
19. What made you laugh or smile today?
20. What was different from what you had imagined?
21. What would you tell someone about today in just a few sentences?
22. What are you grateful for at this moment?

After You Come Home

23. Which moment from the trip keeps coming back to you?
24. What place left the strongest impression on you, and why?
25. What did this journey teach you about yourself?
26. Which person, conversation, or connection will you remember?
27. What small detail would help you recognize this trip years from now?
28. What did you appreciate more after experiencing something different?
29. What would you like to do differently on your next journey?
30. If you could keep one feeling from this trip, what would it be?