



Summer of You: Travel & Exploration Worksheet

Connect with yourself through adventure and discovery

Step 1: Choose Your Adventure(s)

- ☐ Local Getaways
- ☐ Solo Travel
- ☐ Nature Retreat

Step 2: Where Will You Go?

Local Getaway Options:

- 1.
- 2.
- 3.

Solo Travel Destination:

Step 3: What Do You Want to Experience or Learn?

(Examples: discover local culture, meet new friends, find peace in nature)



Step 4: What Activities Will You Do?



Step 5: How Will You Connect With Yourself on This Trip?

Step 6: What Supplies or Preparations Do You Need?

Step 7: Reflection After Your Trip

Take 10 minutes after your trip to answer these questions:

- What surprised me about this experience?
- How did this trip help me connect with myself?
- What did I learn about myself or the world?
- What memories or moments do I want to remember forever?

