

REFLECTIONS: PLANNING THE ADVENTURE

What about this location is calling to you?

What do you hope to learn about the place you are visiting?

What adventures are you excited about?

Are you nervous about any aspects of your trip?

If so, can you get support to the parts of you which feel scared?

What foods are you excited to experience?

Do you have a plan about what to do if you feel lonely?

How will you celebrate yourself this trip?

Any spiritual goals for this travel adventure?

How will you get out of your comfort zone this trip?

How do you want to share your heart
and your light with where you are going?

Any heart struggles you wish to give to the land you are visiting?

Is there a part of yourself you want to
explore/get to know
better/adventure with during your travels?



REFLECTIONS: MEDITATING ON THE RETURN

What did you learn about yourself on this trip that you did not know before?

What is something interesting you learned about the culture? The history?

What is something you would have done differently?

Who was someone who inspired you on your travels?
Found their way into your heart?

Was there something so beautiful/magnificent/awe inspiring
that it almost took your breath away? Brought you to tears?

What are some of the pivotal moments you want to remember?

Did you have the opportunity to be brave? If so, what did you do?

What food did you enjoy?

Any recipes you are excited to try when you get home?

If you could write a song title about your trip, what would it be?

Did you learn anything about the culture
you visited that particularly resonated with you?

How did you leave the place you visited better
than when you arrived there?

What is something you did
that you are proud of?

How did this trip change you?

