



TRAVEL THROUGH GRIEF

Carrying love across new landscapes.

A Gentle Note Before You Begin

Traveling while grieving is a complicated, tender experience. These prompts help you navigate the emotions that surface when you're away from home, hold space for your memories, and find moments of peace, grounding, and meaning on the road.

Journaling Prompts

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Part 1 — Honoring Your Heart on the Road

1. What emotions are surfacing for me as I travel in this season of grief?
2. Which memories feel especially close today, and why might they be showing up now?
3. Where in my body am I feeling grief, and what might that part of me need?
4. What would I say to the past version of myself facing their “first trip” in grief?
5. What part of my grief is asking to be acknowledged on this journey?

Part 2 — Holding Space for Memories

1. What memory of my loved one feels the most present in this place?
2. If they were here with me, what moment from today would I want to share with them?
3. What symbolic way can I bring them along — a photo, a song, a ritual, a thought?
4. Which memories bring comfort while traveling, and which bring heaviness?
5. What does “remembering with gentleness” look like for me right now?

Part 3 — Finding Presence While Away From Home

1. What sights, sounds, or sensations helped me feel grounded today?
2. Where did I feel a moment of peace — even briefly?
3. How does being in a new environment shift the way I experience my grief?
4. What surprised me emotionally today?
5. How can I make space for rest and slowness while traveling?

Part 4 — Permission to Feel & Permission to Choose

1. How can I let myself feel everything that arises, without judgment?
2. What expectations or pressures can I release from this trip?
3. What choices can I make that honor my energy, not what I “should” do?
4. Where do I need more compassion for myself today?
5. What would giving myself permission to step away from overwhelm look like?

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Part 5 — Connection & Meaning on the Road

1. What does connection mean to me on this trip — with myself, with others, with my loved one?
2. Who or what helped me feel supported today?
3. What small ritual can I create on this trip to honor my grief or my person?
4. What moment today felt meaningful, comforting, or unexpectedly beautiful?
5. How is travel helping me shape a new chapter during a season that once looked so different?

Part 6 — Hope, Healing & What Comes Next

1. What moments of beauty showed up today, and how did they make me feel?
2. Where did I feel a spark of hope or possibility?
3. How is this trip helping me understand myself differently?
4. What am I proud of myself for today?
5. What intention do I want to carry with me when I return home?