The travel lessons journal

You don’t have to come home transformed. Record what stayed with you: the good, the awkward and the things you still haven’t worked out.

A moment I keep coming back to

A person or conversation I want to remember

Something that surprised me about myself

An assumption the trip challenged

Something difficult, and what I would do differently

What I see differently about home

A habit, interest or friendship I want to keep

Three practical things I could do with what I learned

What I would tell myself before taking this trip again