

## Pre-Trip Journal Prompt Ideas

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- What inspired you to say **HELL YES** to this trip?
- What's **one new skill or experience** you're looking forward to trying?
- What part of this trip will **push you out of your comfort zone**?
- What's **one word or phrase** that will be your guiding theme or intention for this trip?
- Write a letter to your **post-trip self** about what you hope she experiences and learns. How does she feel? Read it after your EC adventure!

## On-Trip Journal Prompt Ideas

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- **Rose, Bud, Thorn:** What was today's biggest highlight (rose), growth moment (bud), and low point (thorn)?
- What's **something new you learned**—about the place, the people, or yourself?
- What's something you did today that **made you feel strong**?
- What **sights, sounds, or smells** stand out from today's adventure?
- If today had a **theme song**, what would it be and why?