Travel Journal

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A 30-Day Guided Journal

How to Use This Journal

Welcome to your journal! Here are some tips to get the most out of it:

1 Set aside a few minutes each day to write

2 Be honest and write freely without judgment

3 Try to write at the same time each day to build a habit

4 Review your entries weekly to notice patterns

- Write the location and weather at the top of each page
- Rate your mood and how the day went overall
- Record your daily budget and expenses
- Describe the highlight, activities, food, and people you met
- Note local discoveries and tips for future travelers
- Fill in your entry each evening while details are fresh

Scan for a detailed guide on how to use this journal

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Location: _____

Weather: _____

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Day rating (1-10): ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

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