

**A
Christian
Travel
Journal**

With an excerpt from

The Family Gratitude Journal

Theresa Flynn Gray

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Dedication:

*To my earthly family of adventurers
Eric, Juliet & Wesley*

^j^

*Team Gray, all the way!
I love you all very much.*

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Introduction

Using this journal

Hello, Happy Traveler!

I created this journal to help you get the most out of your travels! My goal was to get you excited about your new adventure and help with the planning; then give you encouragement during your trip and prompts to help remember each day of your travels; and guide you in reflection and gratitude for the days afterwards.

It is arranged into roughly three sections:

Pre-Trip / During Trip / Post-Trip

Pre-Trip Use your TravelJournal before your trip to get excited about the glorious adventure you are about to experience! Record your dreams and goals before you leave and review the statistics of your trip:- itinerary, dates, planned excursions and other notes. Use the lists and notes pages to help you plan.

This fun, interactive journal is designed for all ages. It works well when everyone has their own copy to put their name on. If you are sharing, that's great too, just note in the margins who is answering each question or recording their thoughts

During Trip Record your adventures while away and note the events of each day. Take your books to dinner each night and use the time before food arrives to review what the day was like and what you especially enjoyed. Have a quiet moment? Answer a gratitude question in the back of the book.

Before bed or when you wake up, take some time to fill out memories or goals in the blank journaling section.

Remember that little details may be easy to recall while you are on the trip, they will not be a year from now! So - write them down while they are fresh in your mind.

Post Trip When you are home, the reflection questions will ask you to look back at your trip. Plus, the end of the book includes an excerpt from my book “The Family Gratitude Journal”. This portion is great to continue doing as a family after you are back home - to fight entitlement and to foster an attitude of gratitude!

Enjoy your special time, and have a great vacation!

Go,
fly,
roam,
travel,
voyage,
explore,
journey,
discover,
adventure.

Before your trip

Ready, set.....

You picked your dates and are ready to go. Here's what to do if the waiting is slow!!

- ✈ Countdown from 250
- ✈ Use the calendar for planning purposes
- ✈ Create a shopping list
- ✈ Create a to-do list
- ✈ Dream about your future trips
- ✈ Remember past trips

Countdown

Cross off days remaining until you leave!

250

200

180

160

140

120

100

90

80

70

60

50

40

28

21

to the trip!

14

13

12

11

10

9

8

7

6

5

4

3

2

1

0

Vacation Calendar

Fill in the dates of your vacation using the bottom weeks of the calendar below. Note what days you are at home, what days you are traveling, and where you will be sleeping each night.

What things do you need to accomplish before you leave?

Who do you need to contact?

Month: _____

Sunday

Monday


Tuesday

Wednesday


Thursday

Friday

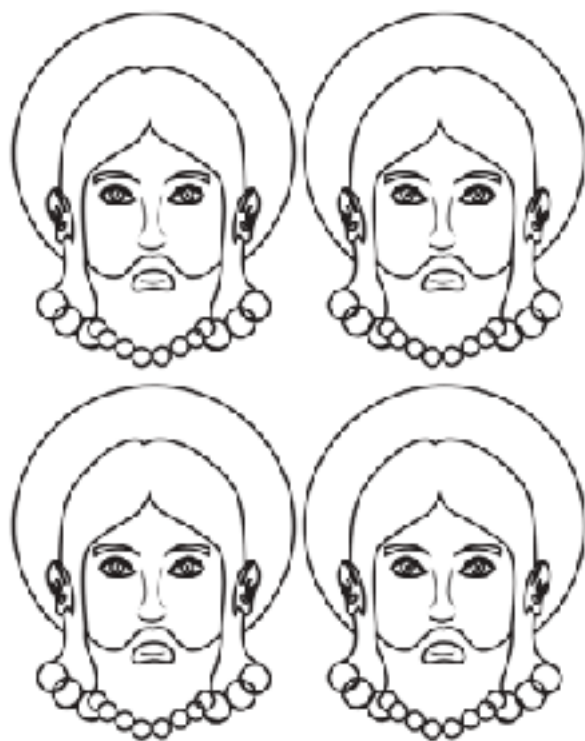
Saturday



To do before we leave...



To do before we leave...





Packing List

Bible Meditations

On letting God lead the
way:

Exodus 13:21

“By day the Lord went
ahead of them in a pillar
of cloud to guide them on
their way and by night in a
pillar of fire to give them
light, so they could travel
by day or night.”



Itinerary

A large, empty white rectangular box with a thin gray border, intended for writing the itinerary details.



Up to today, where
have you been?

Today's date _____



Mark the **NEW**
locations you
would like to visit
Today's date



Where is this trip
taking you?

Mark your
start
end
route





Where is this trip
taking you?



Where is this trip
taking you?



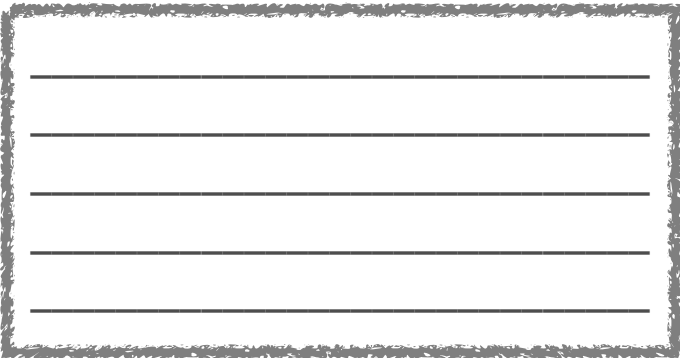
Travel
is the
only
thing
you buy
that
makes
you
richer

List your top 5 vacations:



A rectangular box with a rough, hand-drawn border. Inside the box, there are five horizontal lines spaced evenly, providing a template for writing the top 5 vacations.

Lessons learned from those vacations:



A rectangular box with a rough, hand-drawn border. Inside the box, there are five horizontal lines spaced evenly, providing a template for writing lessons learned from the vacations.

Rejoice in the Lord always.
I will say it again: Rejoice!
Let your gentleness be evident
to all. The Lord is near.
Do not be anxious about
anything, but in every
situation, by prayer and
petition, with thanksgiving,
present your requests to God.
And the peace of God, which
transcends all understanding,
will guard your hearts and
your minds in Christ Jesus.
Phillippians 4:4-7

During your trip

Go!!!

Up, up and away! You're off!

Enjoy the trip! Remember that if you left something behind, or lose something along the way, to stay calm, and focus on the positives. Find joy in everything!

Remember that Paul wrote for us to not have anxiety - WHILE HE WAS HIMSELF IN PRISON! (That puts lost luggage into perspective, eh?!)

Oh,
the
places
you'll go.

-Dr. Seuss

Record your adventures and note the events of each day. Take your books to dinner each night and use the time before food arrives to review what the day was like and what you especially enjoyed. Have a quiet moment? Answer a gratitude question in the back of the book.

If you miss a day - try to remember what you did and record it when you get a chance.

Use the blank journaling section for extra space recording the day's events; for doodling; keeping score of card games while waiting; playing hangman; tic tac toe; or to start writing your memoirs! There's no wrong way to use this journal!

Keep in mind that little details may be easy to recall NOW while you are on the trip, they will not be so easy to remember a year from now! So - write them down while they are fresh in your mind.

Bible Meditations

On the majesty of God:

Genesis 1:1-4

“In the beginning, God created the heavens and the earth. The earth was without form and void, and darkness was over the face of the deep. And the Spirit of God was hovering over the face of the waters. And God said, ‘Let there be light,’ and there was light. And God saw that the light was good. And God separated the light from the darkness.”



Date: _____

Today we:

Thoughts:

Top 3 favorite parts of today:

1

2

3

Who wanted to kill Jesus when he was a baby?

At the time of the census conducted by Moses in the first chapter of Numbers, which of the twelve tribes of Israel was the smallest?



What did the Holy Spirit look like when the disciples received it?

What was the name of Adam's third son?



Date: _____

Today we:

Thoughts:

Top 3 favorite parts of today:

1

2

3

Bible Meditations

On reminding us that all
are welcome:

Luke 13:29

“And people will come from
east and west, and from
north and south, and
recline at the table in the
kingdom of God.”

Your memories
will fade so write
it down now!

Would you rather

be on the ark

or

be on a 40 year hike

pick one



Date: _____

Today we:

Thoughts:

Top 3 favorite parts of today:

1

2

3



WORK.
TRAVEL.
SAVE.
REPEAT.

Blank Journaling Pages

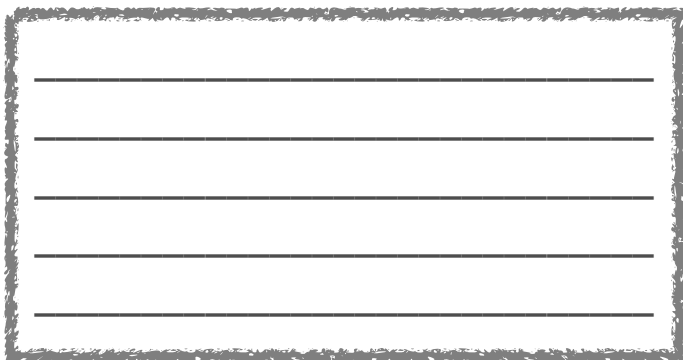
Doodle, draw, record



Reflection Questions

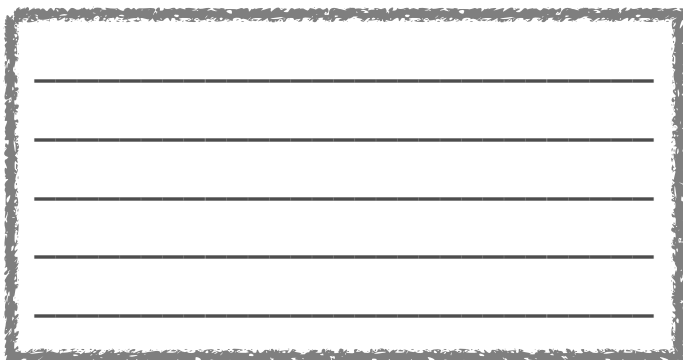
Thoughts about this trip

List your top 5 vacation memories:



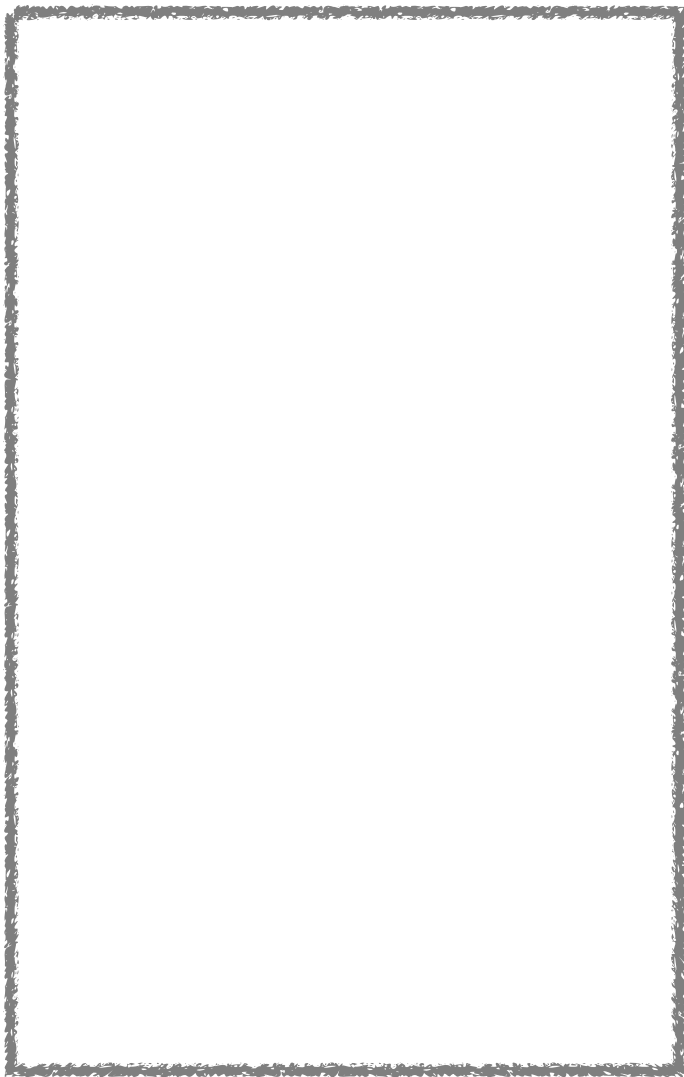
A rectangular box with a decorative, textured border. Inside the box, there are five horizontal lines spaced evenly, providing a space for writing the top 5 vacation memories.

Favorite foods eaten on trip

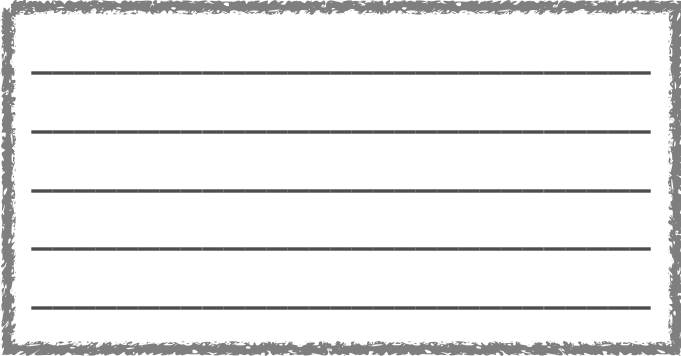


A rectangular box with a decorative, textured border. Inside the box, there are five horizontal lines spaced evenly, providing a space for writing favorite foods eaten on trip.

Draw your favorite day on this trip

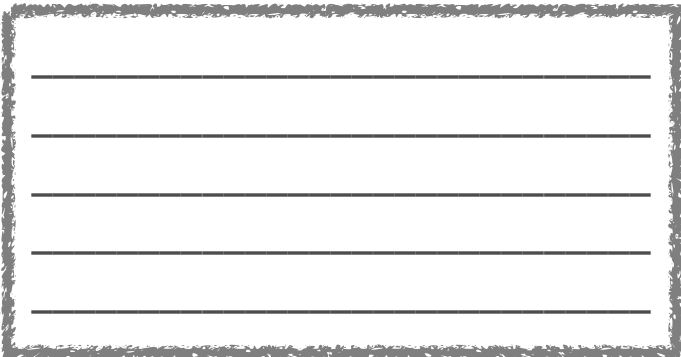


What do you wish you had more time to
spend doing on this trip?



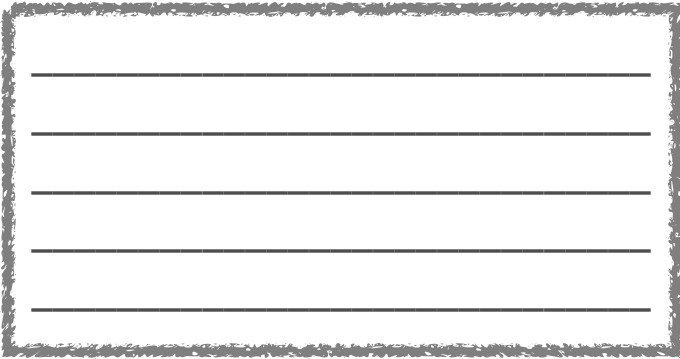
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What would you have done differently?



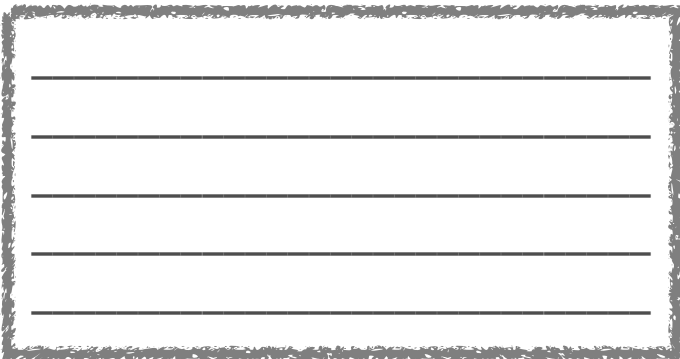
A rectangular box with a rough, hand-drawn border. Inside the box, there are five horizontal lines spaced evenly, providing a space for writing an answer to the question above.

Names of people you met:




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5 biggest expenses



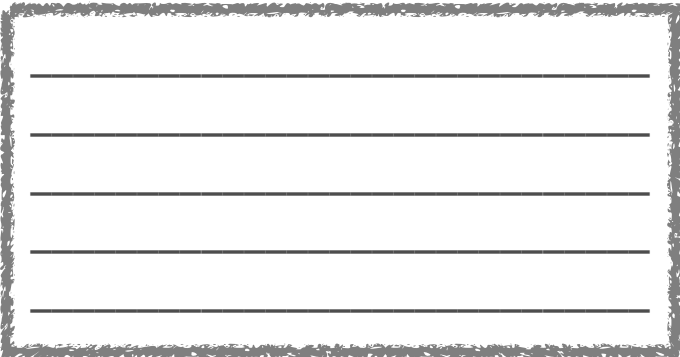
A rectangular box with a decorative, textured border. Inside the box, there are five horizontal lines spaced evenly, providing a space for writing the five biggest expenses.

Lessons learned:



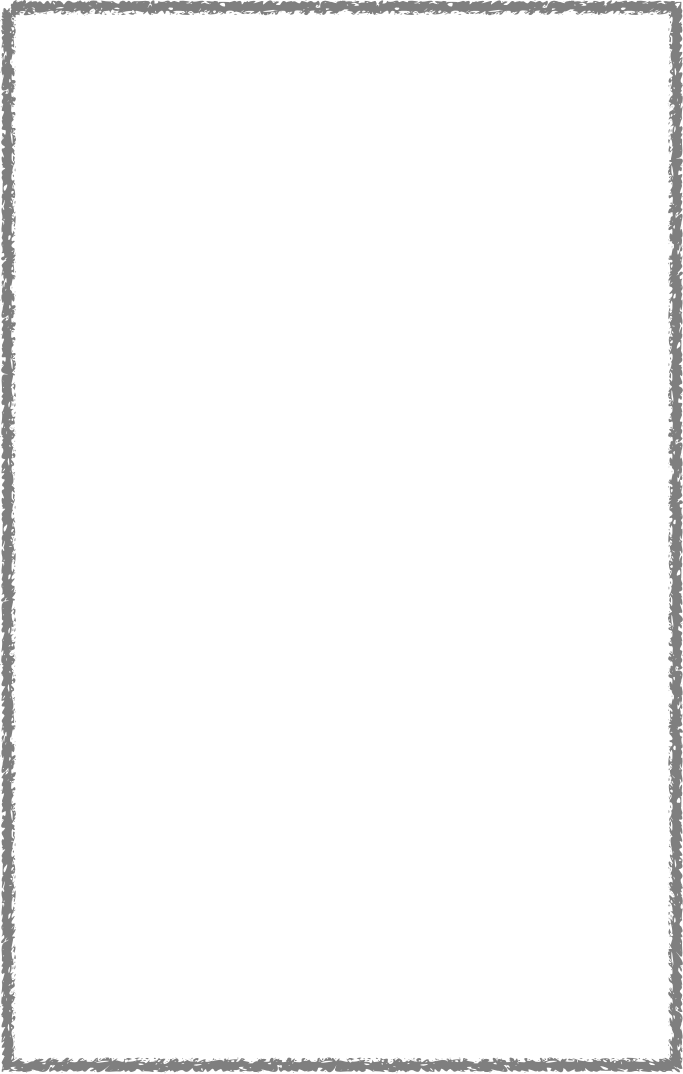
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Beautiful moments

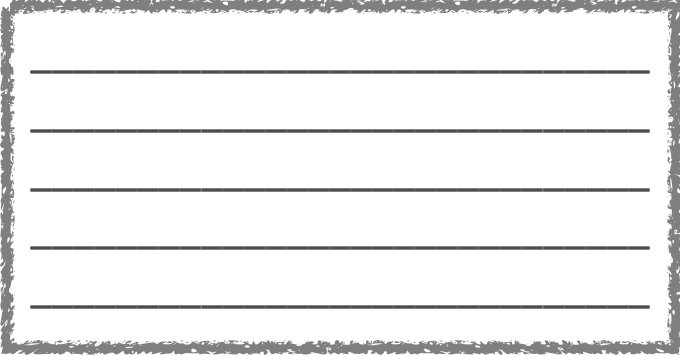


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Draw yourself at home

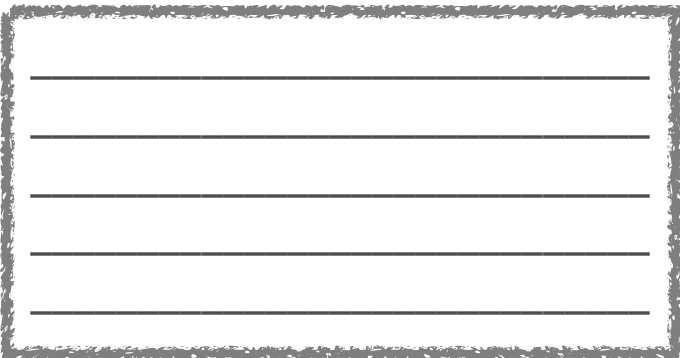


What are you most looking forward to about going home?



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Differences you noticed about where you visited versus home?



A rectangular box with a rough, hand-drawn border. Inside the box, there are five horizontal lines spaced evenly, providing a space for writing an answer to the question above.

Excerpt

Family Gratitude Journal

A decorative background featuring light gray line art of leaves and hearts. The word "thanks" is written in a large, bold, black, sans-serif font in the center. Above it, the phrase "in everything give" is written in a smaller, black, sans-serif font. Below "thanks", the text "for this is the will of God in Christ Jesus for you." is written in a smaller, black, sans-serif font. To the right of this text, the reference "1 Thessalonians 5:18" is written in a smaller, black, sans-serif font.

in everything give

thanks

for this is the will of God in Christ Jesus for you.

1 Thessalonians 5:18

How to use the “Family Gratitude Journal”

1. Every member of your family should have their own journal. Even little ones who cannot write yet can orally answer the questions (and someone can record their answers) or they can draw their own pictures.
2. Set the journals out at the dinner table a few times each week.
3. Take 5 minutes to have everyone answer the same one question.
4. Read the prompt on the left page and answer it on the space provided on the right side page. Be sure to date each entry.
5. Have each family member share their entries.



What are you
grateful for?

Who made you
smile today?

date _____

date _____

I was happy
this week
because I
got to...

Things I am
grateful to
have in my
house...

date _____

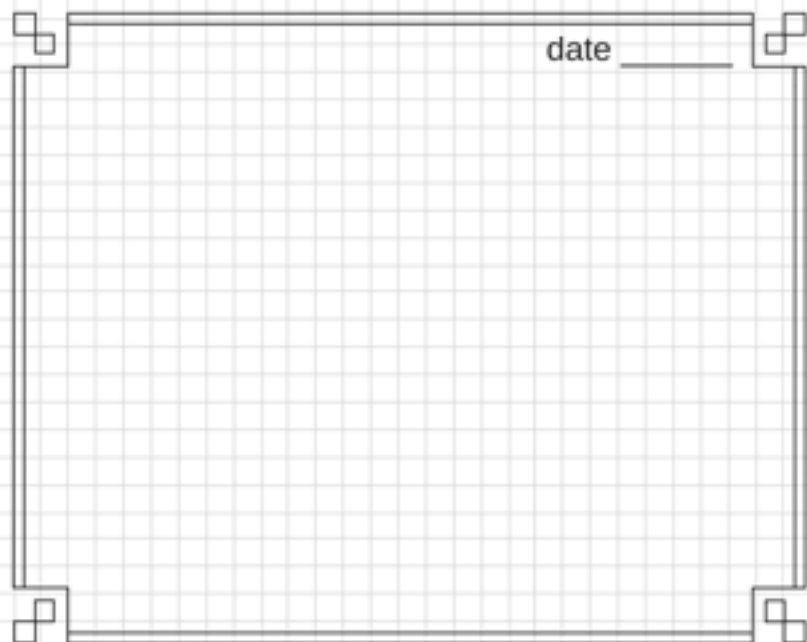
A decorative rectangular frame with scrollwork corners and a double-line border. Inside, there are five horizontal lines for writing. A small black dot is positioned at the top center of the frame, and another is at the bottom center. The word "date" is written at the top right with a line for a date.

date _____

A decorative rectangular frame with scrollwork corners and a double-line border. Inside, there are five horizontal lines for writing. A small black dot is positioned at the top center of the frame, and another is at the bottom center. The word "date" is written at the top right with a line for a date.

Were you
happier today
or yesterday?
Draw a picture
of something
that makes you
happy.

Who made you
smile today?



date _____

) _____ (

) _____ (

) _____ (

) _____ (

) _____ (