

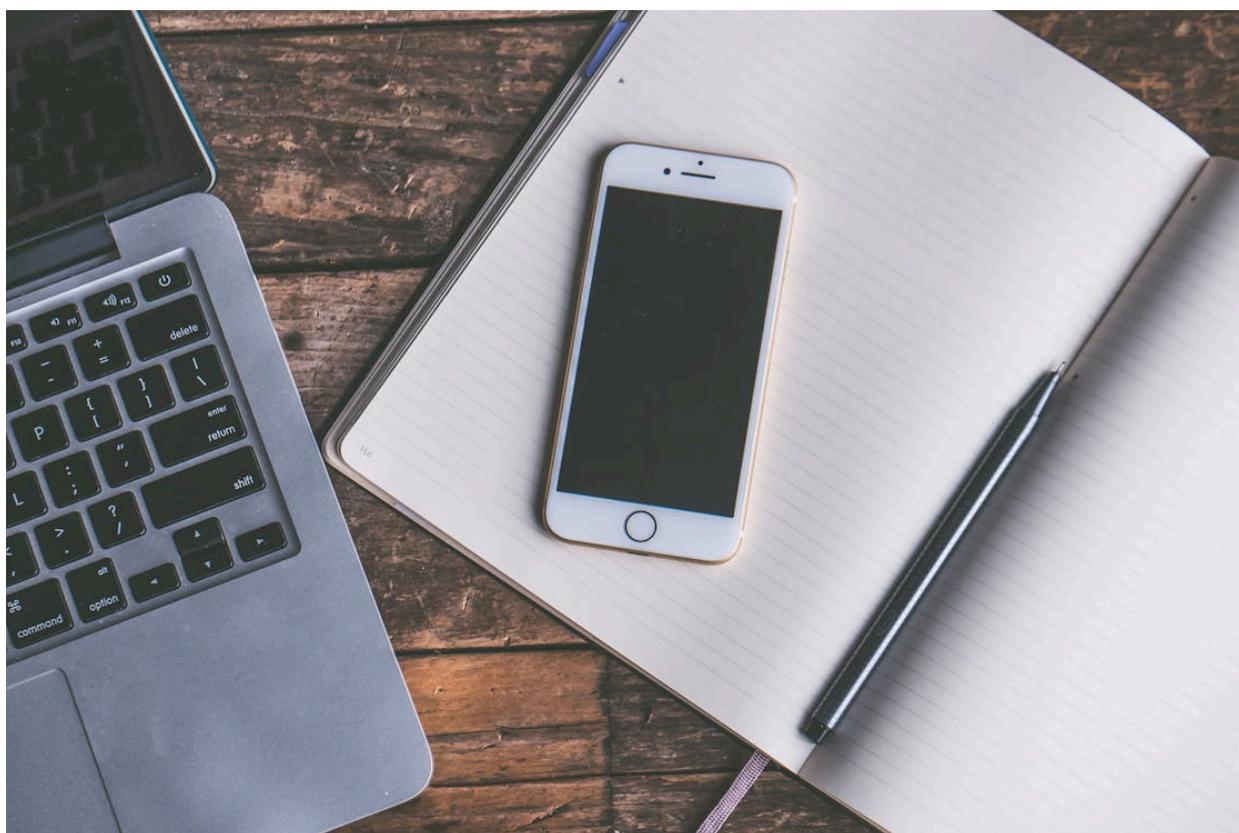


*“Small rituals, big resilience”*

# Journaling PDF

## 7-Day Reset for Solo Colombia Travel

*Prompts, rituals, and a simple routine to move from isolation to connection*



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## INTRO

This printable PDF contains the exact daily prompts and a compact 7-day schedule I use on the road to process loneliness, build small rituals, and create repeatable social touchpoints. Print a hard copy or use it as a phone-ready companion: 5–15 minutes per day, designed for clarity and momentum.

### How to use this PDF

- Set aside 5–15 minutes each day.
- Be honest; write quickly. Don't edit. Capture feeling, not perfection.
- Use the micro-ritual suggestions to turn reflection into action.



*Kamran is a long-term solo traveler, digital nomad, and writer who blends tactical travel systems with candid storytelling. He designs short routines and mindset tools to help nomads move from loneliness to momentum. Find more guides, tools, and trip-tested checklists at [KamTravels.net](https://kamtravels.net)*

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## 7-Day Reset Schedule

This schedule is a practical, time-based plan for the day: concrete actions (walk, detox window, meetup, call home) that translate prompt insights into real behavior. It's external work: movement, social experiments, and rituals that change your environment.

### Day 1

- Morning: 5-minute gratitude list + 10-minute walk
- Afternoon: Visit one local café for 30 minutes (phone pocketed)
- Evening: Journaling prompts (Day 1)

### Day 2

- Morning: Duolingo 5 mins + ask one local question
- Afternoon: Attend a short meetup or post in a local group
- Evening: Journaling prompts (Day 2)

### Day 3

- Morning: Quick call home (5–10 mins) or voice note
- Afternoon: Join a class or group activity (yoga/hike)
- Evening: Journaling prompts (Day 3)



#### Day 4

- Morning: Micro-project planning (invite one person)
- Afternoon: Practice social skill (ask, compliment, join)
- Evening: Journaling prompts (Day 4)

#### Day 5

- Morning: Movement focus (30-minute walk or short hike)
- Afternoon: Rest ritual (tea, playlist, nap)
- Evening: Journaling prompts (Day 5)

#### Day 6

- Morning: Small outreach to someone you met (message or invite)
- Afternoon: Shared activity with a new friend (coffee, market)
- Evening: Journaling prompts (Day 6)

#### Day 7

- Morning: Reflect: list 3 strengths gained this week
- Afternoon: Draft your re-entry ritual schedule (3 calls, 1 local event)
- Evening: Journaling prompts (Day 7) + plan next week's rituals

#### Local resources:

- **Medellín co-working:** Selina (Medellín Centro), WeWork (El Poblado)
- **Bogotá co-working:** WeWork (multiple locations), Casa Gaia (Calle 85)
- **Cartagena co-working:** CoWorkCartagena, Selina (Getsemaní)
- **Cafés worth a stop:** Pergamino (Medellín), Azahar (Bogotá), Café del Mar (Cartagena)
- **Quick emergency numbers:** Colombia Emergency Services — 123
- **Expatriate groups:** Facebook “Expats in Medellín”, Meetup “Bogotá English Speakers”
- **Transport tip:** Use credible ride apps (Uber, Cabify) or hotel-arranged taxis after dark.



## Mini checklist: one-page quick reference guide

### 7-Day Reset Quick Checklist

- [ ] Schedule a daily 5–15 minute journaling window.
- [ ] Pick one weekly ritual (café, class, running loop).
- [ ] Commit to a 2-hour daily phone detox window.
- [ ] Join one local meetup and attend three times.
- [ ] Book nomad-friendly insurance with teletherapy options.
- [ ] Prebook three re-entry rituals for when you return home.
- [ ] Save the journaling PDF on your phone for offline use.

#### Short note about nomad insurance

For long stretches abroad, choose a nomad-friendly plan that includes teletherapy or mental-health support so you can access help from anywhere. Options marketed to digital nomads, like SafetyWing’s Nomad Insurance, combine flexible global coverage with remote claims and telehealth options. Check policy details carefully for limits and country exclusions before you buy.

Sources: [SafetyWing — Nomad Insurance overview](#).

#### Solo Travel Toolkit (place immediately after the insurance note on Page 5)

- Mental health support: [BetterHelp](#) or a similar teletherapy provider
- Travel insurance: [SafetyWing](#) or [World Nomads](#)
- Backup payments: multi-currency travel card ([Revolut](#) or [Wise](#))
- Language learning: [Duolingo](#), [Preply](#) or a local tutor marketplace
- Anti-theft gear: [RFID sleeves](#) and a compact [anti-theft daypack](#)

#### Recommended action

- Compare two plans now and enable teletherapy in your policy before you leave.



## Daily prompts to start and end your day

These short, focused prompts are designed for 5–15 minutes a day to surface feelings quickly and turn reflection into small, repeatable actions. Use them to track patterns, celebrate micro-wins, and turn moments of loneliness into opportunities for connection and growth.

### Day 1 — Grounding and Gratitude

**Morning:** List 3 things you're grateful for in this place.

**Evening prompt:** What surprised me today? One small win I had was...



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## **Day 2 — Curiosity and Small Actions**

**Morning:** What’s one local habit I’m curious about? How could I try it today?

**Evening prompt:** Who did I notice but not speak to? One small step I’ll take tomorrow to say hello.



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### **Day 3 — Memory and Meaning**

**Morning:** What memory from home comforts me? How can I bring a piece of it into today?

**Evening prompt:** What moment felt the heaviest? What did that teach me about what I need?

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#### **Day 4 — Skill Building and Micro-projects**

**Morning:** What small social skill can I practice today (ask for directions, compliment, invite)?

**Evening prompt:** What micro-project could I start that invites others to join me?



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## **Day 5 — Rest and Physical Care**

**Morning:** What does my body need today? (movement, rest, food) Plan one physical care action.

**Evening prompt:** How did movement or rest change my mood today? One thing I'll repeat.

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## **Day 6 — Gratitude for Strangers and New Bonds**

**Morning:** Name one interaction with a local or traveler that felt warm. What made it feel that way?

**Evening prompt:** Who would I like to see again? What's one honest message I can send?



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## **Day 7 — Reflection and Re-Entry Planning**

**Morning:** What’s one unexpected strength I discovered this week? How will I use it after the trip?

**Evening prompt:** Plan one re-entry ritual for when you return home (call, local event, creative project).

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## **Conclusion — You did the important work**

Well done! You gave yourself seven days of attention, honest reflection, and small, brave experiments. That matters more than you think. These prompts and rituals are not about perfection; they’re miniature practices that, over time, add up to steadier days, safer choices, and deeper connections.

### **What to do next**

- Keep one prompt as a daily 5-minute habit for the next 30 days.
- Pick one ritual from your week and repeat it every Monday for a month.
- If loneliness feels persistent or heavy, reach out to a teletherapy provider included in the toolkit or contact local support immediately.

### **Share and stay connected**

- Share a micro-story from your week on your socials or in a nomad group — vulnerability invites others in.
- Tag @YourHandle or email [hello@yourdomain.com](mailto:hello@yourdomain.com) if a prompt helped you; I read every message and often share reader wins.

### **A few final reminders**

- Protect your wellbeing with travel insurance that covers teletherapy and emergency care.
- Keep this PDF on your phone for offline use and print a copy if you prefer tactile journaling.
- Try the 2-hour daily phone detox for three days and note what shifts; small experiments reveal big patterns.

Thank you for prioritizing your mental health on the road. Carry this reset with you, and remember: solitude is a practice, not a punishment. Safe, soulful travels — see you on the trail.

Sincerely, Kamran

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***Safe Travels!***

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