

Hello, April!

The **#GlobalYou365 Challenge** is meant to spark reflection on who you are and what you want, now that you've been abroad. This self-knowledge will give you a clearer vision for creating your ideal global life at home and abroad. This challenge is intended to be simple and fun, and there's no right or wrong way to do it. So have fun with it and enjoy the process!

- On the first of the month, start with prompt #1. There's one prompt for each day of the month.
- To have easy access to the daily prompts, you can print out this page, cut out the list of prompts to the right, and tape the list to a page in your journal. Or print the list on a page of clear or white labels (use the label download), and stick one label on each page of your journal.
- There are unlimited ways to respond to the daily prompts! Write a paragraph, make a list, jot down keywords, doodle...go simple or get creative!
- At the end of the month, look back at what you wrote. What themes or patterns do you see? What are you learning about yourself? Jot down your observations on a page in your journal.
- Sharing is part of the fun so do share your pages on Instagram! You never know who you might inspire, and who might inspire you. Use the hashtag **#GlobalYou365** and tag me (@smallplanetstudio) so I can find you! Don't want to share your journal pages? Share a pic of your journal!

[Small Planet Studio](#) is a personal and professional development company that provides services for global adventurers who have been changed by living and traveling abroad and don't want to readjust to the status quo of the home they left behind. Our goal is to help global adventurers create *global lives* so they can flourish at home and abroad. The key to that is understanding how to find your global life ingredients and use them to create a meaningful, satisfying, and sustainable global life that fits you as perfectly as your favorite travel shoes.

Cut on the dotted line →

#GlobalYou365 // April

1. Favorite memories from March
2. Favorite travel items
3. Plane or train?
4. Experiences I want to have
5. Ways I'm still 16 inside
6. Moments abroad I wish I could relive
7. Things I commit to doing on my next trip
8. Things I never thought I'd do
9. My least favorite part of travel
10. What makes me angry
11. Favorite things about spring
12. How I spent the weekend
13. Advice I'd give a first time traveler
14. Being abroad made me
15. What I learned from my parents
16. National sites I want to visit
17. How I deal with jetlag
18. Best gifts I've been given
19. Things I never thought I'd like
20. Places I want to revisit
21. How I define adventure
22. How I feel when I board a plane
23. Favorite backyard travel destinations
24. What I have in my workspace
25. On my must-not-do list
26. The weather today
27. What I'm looking forward to next month
28. Planning: digital or paper?
29. Strange places I've slept while traveling
30. What's good about reverse culture shock

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