



**Journal Prompts for a truly transformative experience:** Remember, journaling is a personal and introspective practice. Use these prompts as a starting point, and feel free to expand on them or explore additional topics that resonate with you.

1. What are my personal goals for this trip?
2. What fears and concerns do I have?
3. What are some things I hope to happen as a result of this trip?
4. What do I think I might be able to learn from Haitians?
5. How will I share this experience with my community, friends and family, co-workers, church, etc. when I return home?
6. What talents do I personally have that will help me to have a meaningful experience?
7. In what ways do I hope to integrate this experience into my life?