

# TrekHQ™ Youth Journal

A Record of My Trek Experience



Name: \_\_\_\_\_  
Trek: \_\_\_\_\_  
Year: \_\_\_\_\_

# Daily Reflection

What was the hardest thing I did today?

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What was my favorite experience today?

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Who helped me today?

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How did I help someone else?

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What am I grateful for today?

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# Pioneer Reflection

What pioneer story impacted me most?

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What sacrifice impressed me?

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What can I learn from that example?

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# Spiritual Reflection

When did I feel the Spirit today?

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What testimony strengthened today?

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What scripture, hymn, or quote stood out to me?

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# Trek Family Reflection

Who in my trek family inspired me?

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What memory do I want to remember about my family?

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What did I learn about teamwork?

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# People & Memories

Someone I want to remember from trek:

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A funny moment:

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A meaningful moment:

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# Goals & Commitments

What do I want to improve?

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What commitment will I make after trek?

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# My Testimony After Trek

How has my testimony grown?

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How did this trek change me?

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What do I want to remember one year from now?

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