RIVALSHOT ACADEMY · LEARNER JOURNAL

Away From Home — learner journal

This journal is yours. Use it to turn each lesson into one habit for your own trips, commutes and nights away. Write about places and plans in general terms: there is no need to record home addresses, passcodes, PINs, plate numbers or details about real people. You can skip any prompt, pause at any time and come back later. Nothing here is graded or shared unless you choose to share it.

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How to use this journal

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Write for yourself. Leave out addresses, codes, account details and anything that identifies other people.

Plan the transitions

Which arrival or departure in your regular week asks the most of your attention, and why?

Where could you take a ten-second doorway pause on your next trip, and what would you decide during it?

What would the tired version of you need your plan to look like at the end of a long day?

Park for the walk back

Think of a place you park often. How does it look and feel at the time you usually return, compared with when you arrive?

Which part of park, photo, path do you already do, and which part will you add?

Where is the nearest staffed place you could go if you decided not to walk to your car?

Confirm the ride

Write the words you will use to confirm your next ride, in the order you will check the details.

Where is a comfortable indoor or staffed place to wait for pickups near the places you go most?

How might you feel about declining a car that does not match, and what would make it easier to do calmly?

Settle in with a plan

List your five-minute settle-in steps for a room or rental, in the order you will do them.

Which step are you most likely to skip when tired or traveling with others, and how could you make it automatic?

How would you check an unexpected knock or call through a channel you already trust?

Share the plan

Draft a three-line itinerary for a real or imagined trip, using place names only and no home address.

Who would you ask to be your check-in person, and how would you ask them in a way that makes it easy to say no?

What official sources would you check for local rules before your next trip somewhere new?

When plans break

Without writing any actual numbers here, describe which kinds of contacts your backup card will hold and where it will live.

Which phone settings from this lesson will you check before your next trip?

If someone stranded asked you for help, what could you offer that keeps your own plan intact?

Looking back

Which of the six habits will you use first, and on which trip or commute?

Describe a transition you used to rush through that you now plan to handle differently.

What would you tell a friend or family member who is about to travel alone for the first time?

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