

DAZZLING WATCHES FOR FALL

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ACTOR AND ENTREPRENEUR **TRACEE ELLIS ROSS**  
ON HER BEAUTY COMPANY AND NEW SOLO TRAVEL SHOW

THE WRITE STUFF

# Taking Notes

Journaling can aid mindfulness—and these resorts are helping guests put pen to paper

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**T'S BACK-TO-school** season, and while most of us have aged out of crayons and glue sticks, there is one school supply that could do wonders for your mental health: a journal. Putting pen to paper is one of the best ways to tap into your intuition—something I've learned over almost five years of daily journaling. This morning ritual helps me mute external chatter and reflect on everything from my career to life.

"Journaling is a form of mindfulness," says Ciara Bogdanovic, owner of Sagebrush Psychotherapy in Los Angeles. "It invites you to slow down, notice your internal experience, and engage with it intentionally."

Journaling can bring "order to emotional chaos," she adds. It's no wonder, then, that the practice is growing in popularity, with everything from quick-hit bullet journals to mindfulness writing.

Of course, the idea of writing may feel more like homework than a path to well-being—but it's not about perfection. Bogdanovic says, "Don't worry about

conventional rules of writing. Remove judgment from the process and focus instead on your thoughts and feelings. If writing full sentences feels hard, try bullet points, sentence fragments or even doodles."

Another allure of the practice? It's incredibly simple. I've tuned in to what really matters—and more importantly, what doesn't. "Journaling is not about writing," says Ida Carleborn, CEO of Daily Garboos, a well-being brand known for its Algorithms of Life journal. "It's about who you become by doing it. Just five minutes every day is enough to gain benefits for your emotional and spiritual well-being."

One of the best ways to experiment with a mindful writing practice is to try it on the go. Pairing journaling with travel will ground you in a destination and its many details—more than typing an Instagram vacation recap could ever do—and might help you reach digital detox goals, if that's an ambition. And there's a reason why writing retreats are successful: A change of scenery or quiet destination can lead to inspirational breakthroughs one might not achieve at home.

TRY JOURNALING AT THESE PROPERTIES



## Barnsley Resort, Adairsville, Georgia

The Barnsley Resort combines meditative writing with nature through its forest-bathing journaling walks. These guided offerings take travelers along fields, with fresh new journals to use however they'd like. The outing is one of many experiences at Barnsley Resort, which lies in the foothills of the Blue Ridge Mountains roughly an hour from Atlanta.



## Lagou Raxi, Lafkos, Greece

The Lagou Raxi hotel, set on the mountainous Pelion peninsula, offers several writing workshops. The illustrated journaling workshop encourages observation and note-taking. And this fall, the property is teaming with tour outfitter Responsible Travel for a journaling holiday designed to foster a connection with the great outdoors.



## Civana Wellness Resort & Spa, Carefree, Arizona

Few backdrops inspire introspective journaling like the Sonoran Desert. Civana Wellness Resort & Spa, located 45 minutes outside of Phoenix, helps travelers soak up the reflection it fosters, with journals gifted on arrival. Guests can join workshops such as Journaling for Transformation, which blends meditation, writing and visualization.



3 HOTEL JOURNALS

New York's **Walker Hotels** offer guests The Algorithms of Life journal—a companion for post-workday reflections. Designed by Ida Carleborn, the journal features pages of prompts to achieve balance and mindfulness.



Lifestyle brand **Shinola** sells products at its 129-room boutique property in Detroit. This sketchbook's blank pages help artists and creators bring their visions to life. The pages are designed for charcoal, graphite, pastels and more.



Pink or green? These two options from **The Beverly Hills Hotel** pay homage to the property's iconic colors. After a restful stay at this California hideaway, don't leave without a journal to enjoy as a memento.



IMAGES: BARNESLEY RESORT; LAGOU RAXI COUNTRY HOTEL; CIVANA WELLNESS RESORT & SPA