



ORIENTATION

Your Final Destination

At the One Girl Travel Club, we focus on making our goals a reality. But to reach your goals, you need to identify them. Do you dream of taking a solo trip to Paris? Have the confidence to go wherever you want, whenever you want, without waiting for anyone else to join you? Live a life where the world truly is your playground? Or how about loving yourself so much that you live your life unapologetically?

Whatever your goal is, I want it to be the biggest, boldest goal you can think of. Even if your goal feels impossible, it means that you are thinking big. I want your goal to challenge you in every way imaginable, so whether you reach this goal or not, you will have made huge strides along the way.

For several years I have set some big goals for myself. For most of the goals, I had no idea how I would achieve them. But, because I declared those goals, I showed up every day as the woman who believed I was worthy and capable of reaching them... and I did!

For example, I have dreamed of visiting Scotland since I was a child, and I would write down "I will travel to Scotland" more times than I can count in my journal. In 2017, I made that dream a reality. And let me tell you, as I spent my first day in Edinburgh, walking down Princes Street holding my new curling iron I had just purchased (because I learned the hard way that US appliances don't mix well with UK outlets, whoops), I looked around at the incredible architecture. I heard bagpipes playing off in the distance, and as tears streamed down my face with joy, it occurred to me, "wow, I made my dream come true. I'm in Scotland. I brought myself to Scotland!"

I have many similar stories like that. Where I will realize that I am exactly where I once dreamed of being, doing things I dreamt of doing. It is such an incredible feeling, and I can't wait for you to experience it for yourself.

With that story in mind, I now want you to write down everything you dream of. Don't just write down what you think is possible for you to achieve. I want you to think big and be audacious with your dreams! Write down your dreams as if there were no limits to what you could achieve. Ten nights in an over-the-water bungalow in the Maldives, starting your own business, taking a cross-country road trip, marrying your dream partner, becoming a food and wine writer... the possibilities are endless!

Now that you have your list of incredible goals you want to achieve, I want you to choose one which will be your "final destination" for the year. It might be challenging to commit to only one. I know when I first started doing this, I would get so flustered and think of all the reasons why I couldn't just pick one. The truth is, most times when you pick a massive, bold goal, some of your other goals will be achieved as a result.

For example, if your final destination goal is to go on a week-long solo trip to Paris, but you also have goals such as: learning to speak French, being comfortable dining alone, seeing the Mona Lisa in person, and taking a cooking class... as a result, all of those goals will most likely be completed while on your journey to your final destination. Do you see what I mean?

You should choose a goal that is going to challenge you and force you to grow as a person. You're on the right track if it makes you nervous and a little nauseous. If it doesn't scare you, it isn't big enough.

My goal this year is to make the One Girl Travel Club the most successful membership in the travel industry. But how will I know when I reach my goal? I need to get specific on what the most successful membership in the travel industry looks like. As I'm recording this video,

it is September 2022. My specific goal is to have 1,000 members in the One Girl Travel Club by September 2023. This goal scares me a lot. It makes me question how I'll achieve this goal. I almost feel crazy declaring such a big goal for myself, especially when I'm only opening the doors to the One Girl Travel Club for the first time.

My mentor, Martha Beck, has a motto for people who are in phase 1 of their human metamorphosis (think along the lines of the life of a caterpillar), which is "I don't know what the hell is going on... and that's okay." The first phase can be the scariest because we are shedding our old life, our old thoughts, and our old beliefs. But because we are equipped with our final destination goal, we know where we are headed.

So now I invite you to choose and write down your final destination goal for this year, along with the date it will be completed and the details of how you will know it's complete.

Now that you have declared your final destination, you may have some push-back from your mind. Your brain may be screaming at you, "what is wrong with you? How will you ever achieve this? This is crazy," and other non-helpful thoughts. As my mentor, Tonya Leigh, says, "the how is none of your business." You don't have to worry about how your goal will happen; all you need to do is show up every day as a woman who believes in herself and her goal. Who knows, maybe you'll win the dream trip, get scouted by your dream job, or win the lottery. The beauty is; however it happens, it happens, and you don't have to worry about it.

Now please take some time and write down all the thoughts that come up for you when you think about your final destination goal. These are the thoughts that have been holding you back, and now it is time to realize that you have the ability to change your thoughts. In order to be the woman who has reached her final destination goal, what thoughts does she have to think? What traits does she embody? Is she bold, confident, persistent, and energetic? Whatever they are, you must start practicing those thoughts and traits daily to reach your final destination.

I want to remind you that there is a chance you may not reach your final destination. I may not have 1000 members in the One Girl Travel Club by September 2023, but I will undoubtedly have more members by claiming such a big goal than if I only declared I would gain 100 members. Do you see how that works? Norman Vincent has a famous quote stating, “Shoot for the moon. Even if you miss, you'll land among the stars.” This could not be more true. Failure isn't possible when you look at it as a learning experience. If you did everything you could possibly do to reach your final destination goal and ended up not achieving it by your set date, you did not fail. But instead, you were courageous enough to choose such a big goal and achieved so much growth along the way. And who knows, maybe I'll get discovered by Travel & Leisure, or I will go viral on social media and end up with 5,000 members. Either way, I will be a woman who lives her life as the embodiment of a 1000-member business with the most successful membership in the travel industry. And that, my friend, is pretty powerful.