



## ORIENTATION

# You Are Here

Just like on an airport map, you are here. You are constantly evolving. In a matter of seconds, who you once were is now in the past. At this exact moment in time, you have made the bold decision to join the One Girl Travel Club and watch this orientation video. You are already one step closer to your goals!

Now is the time to check in with yourself and assess who you are right at this moment. So for your first stop on this journey, please pause this video and complete the self-evaluation form. Answer the questions as your current self, and be completely honest. As I said, by the time you finish the form, you will already be a different version of yourself. So please take a few minutes and fill it out without any judgment. Pause the video now, and I'll be here when you get back.

Welcome back. How did it go? I know it can be uncomfortable facing facts and admitting to things that you may not be proud of about yourself. But don't worry, that is all in the past, and we are all about focusing on the future!

Now I would like you to look at your responses and complete the included questionnaire. These questions will help you focus on what you want to accomplish based on your responses from the self-evaluation form. Please pause this video and take a few minutes to complete the questionnaire.

So, how do you feel? Do you have a better idea of what areas of your life you are ready to improve? Did you discover any strengths you may not have realized before? No matter what your responses are, you are one step closer to your goals. Keep your responses somewhere safe, and remember where you put them. These forms will be an excellent reference for the growth you will achieve throughout your time in the One Girl Travel Club. And feel free to complete these forms every few months to track your progress and re-evaluate as needed.

Now that you know where you are, let's focus on where you are going!

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