



ORIENTATION

Welcome Traveler!

You did it! Welcome to the One Girl Travel Club, a membership created for the woman who is ready to make the world her playground! There are so many women out there who desire more from their life, but many never take action, or they're constantly waiting around for someone to join them. But not you. Something inside you knows you're a woman who desires to live life on your terms. And here, that's precisely what you will learn. When you know that you are worth the effort, that is when significant shifts happen.

At this moment, you are probably excited about all the possibilities of your future, but you also might be feeling some doubt. Be assured. This is an absolutely normal feeling. Doubt, uncertainty, worry, and fear are all parts of you that keep you in your comfort zone and feel familiar. So if these feelings come up for you, I want you to know that it's normal. In fact, you're right on track because if you aren't doing something that makes you feel uncomfortable, then it isn't helping you grow. Here, you will learn how to make all of those feelings work for you to get you to reach your goals.

Now, I want to take a few minutes to explain how the membership works. Currently, you are in your member's area. This is where you'll find your orientation videos like the one you're watching, each month's content, resources, and replays of all of our calls, plus the bonuses we'll be adding. As long as you're a member, you can access everything.

Before we move forward, I want to talk about why I am such a big believer in the power of solo travel. Even if you don't have the desire to take an elaborate solo travel journey across the world, this is still a membership that is going to help you fall in love with yourself and your life. The process of living a life that you adore is one of the most important things you could do for yourself. We only get one chance at this life, so why not live it unapologetically the way you want? A vacation will not change your life, but the experience, the mindset, the growth, and all the inner work you learn from those trips, will change your life.

Too often, women hold themselves back from what they want to do because they are uncomfortable doing things alone, worry about what other people will think, guilt about putting themselves first, and many other reasons. It is time for all of that to stop! If you have ever been on a plane, you're familiar with that part of the take-off announcements that tell you, in case of emergency and oxygen masks are deployed, make sure to put your oxygen mask on first. Do you know why they tell you that? It's because if you don't take care of yourself first, you will not be able to care for anyone else. Here in the One Girl Travel Club, you will learn how to make yourself a priority, which will, in turn, allow you to become the best version of yourself who will have more than enough love, care, energy, and happiness to share with others.

So as you embark on this exciting adventure of making the world your playground and becoming the best version of yourself, I want to offer you three simple suggestions for how to go about this journey. Number one is to always, always be kind to yourself. In the One Girl Travel Club, we are our own best friends. As the famous Lucille Ball once said, "love yourself first, and everything else falls into place."

Second, I want you to be open to the feeling of discomfort. This journey is about getting you away from old habits that have held you back and instead creating new ones. This means you need to be open to the feeling of being uncomfortable. I know that, as humans, when we feel something uncomfortable, we tend to back away from it. But in the One Girl Travel Club, we will dive right into it and eventually master it. Don't worry, though, because I will be with you throughout the process. I got you!

Finally, please take this journey at your own pace. As a teenager, I was always worried I would be left behind during group runs with my team. So I would run as fast as possible (which wasn't very fast) and end up exhausted and burnt out. I would feel discouraged and beat myself up for not being as fast as my teammates, and how do you think it made me feel? Did beating myself up make me run any faster? No, of course not. If anything, it did the opposite and made me want to avoid the runs completely. Listen, I don't want you to try and race through this content. Instead, please take your time. The world and all its possibilities will be here for you when you're ready, so go at your own pace. I have been solo traveling for many years, and I certainly was not an expert in the beginning. So please, be easy on yourself, be open to life-changing possibilities, and take your time. The adventure of a lifetime will be worth the wait.

Since One Girl Travel Club is a membership, I recommend a few things to get the most out of this program. Start at the beginning, watch the orientation videos, and do all the exercises. These videos are the foundation for your experience, so I want you to set yourself up for success at takeoff. The second thing is that I want you to view the

coaching calendar and be sure to save the dates so you can attend the live coaching sessions. But if you can't attend the coaching calls live, that's totally fine since all the calls will be recorded and uploaded to your member's area.

Finally, let's have fun! Having fun is the core of how I live my life, and of course, I will be bringing all the fun to you within this membership. This isn't school, and there are no correct answers. It's all about living life the way you desire. So get excited, buckle your seatbelts and get ready for the most exciting journey of your life!

I am honored to be on this adventure with you and cannot wait to see how your journey unfolds. I will be here for you every step of the way to support, guide, and challenge you. You got this!

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