

## Solo Strong - Module 1 Fillable Form

1. Check the cultural prep you've done:

☐ Learned key phrases

☐ Researched local customs

☐ Looked up safety tips

2. People you'll share your itinerary with:

- \_\_\_\_\_

- \_\_\_\_\_

3. Top 5 items to pack:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

4. A moment where you trusted your intuition:

\_\_\_\_\_

\_\_\_\_\_

5. One confidence goal for this trip:

\_\_\_\_\_