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Intro: Hey friends! Welcome to Girls Night. I'm Stephanie May Wilson and I am so happy that you're here. Each week I have a girlfriend over and we talk through one of the biggest questions we have about our lives as women.

We're talking about friendships and faith and relationships and self-confidence, about our calling in life, and how to live every bit of our lives to the full. Life is so much better and easier and absolutely more fun when we navigate it together as girlfriends. And I cannot wait to get started.

So I'm so excited about today's episode, because today we're talking about how to travel solo. I love this topic because traveling is absolutely one of my favorite things to do and has played an irreplaceable role in my story. I've had the privilege of visiting places all around the world, and every time I come back feeling more inspired and more full of life, and more just like myself.

But while I love traveling, I know firsthand how hard it can be to actually make a trip happen. Sometimes it's the finances that get in the way. Sometimes it's all the logistics. Sometimes it's trying to get enough time off of work. But a lot of times we find that we just don't have anyone to go with.

That's why I'm so excited to have my dear friend Gennean Woodall back on Girls Night to talk us through this. Gennean is a travel planner and content creator, and she has traveled to places all around the world by herself.

Like most of us, she had some pretty big reservations about traveling solo. Like, is it safe? Will I be lonely? Can I actually do this? But she figured out a formula that really works, and now traveling solo is her favorite way to go. She has also grown up so much as a person through these solo trips. I cannot wait to take on myself.

Friends, if you've been dreaming and taking a trip and are ready to actually make it happen, this episode is for you. Gennean equips and empowers us to do the things that we've been dreaming about for so long and I cannot wait to share our conversation with you.

But before we dive in, speaking of travel, friends, if you haven't had a chance to download a free copy of my book, *The Lipstick Gospel*, let's change that today. Like right now. *The Lipstick Gospel* is the story of the worst breakup I've ever been through and how God put my heart back together from it. And He did it all while I was traveling with my girlfriends.

Friend, if you are going through a hard season right now, if you could use some encouragement in your faith or if you're just looking for your next book to read by the pool, I would love to share this with you. One of our amazing Girls Night listeners shared the book on her Instagram not long ago, and this is what she had to say about it. Her words meant so much to me.

She said, "I just found my new favorite book. I couldn't put it down! *The Lipstick Gospel* is the story of a sorority girl who never planned on becoming a Christian until she met God in the most beautiful and unexpected way. It's a travel journal, a testimony that will leave you with tears in your eyes as you realize you're simply not alone.

Best of all, her story shows the kind of life you can have in Christ. Not a boring, vanilla-type life, but a fun, adventurous, and exciting life — way more than you could ever imagine! Trust me, you'll want this book to last forever." I love that.

Friends, you can either download a copy of the book for free. Or if you're a paperback girl like me, we have those too. You can pick them both up on my website. It's stephaniemaywilson.com. Okay, with that said, let's jump into the episode. Here is my conversation with Gennean.

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Stephanie: Hi, friends. I am so excited for who we have on the show today. I am sitting here with my dear friend Gennean. Gennean, welcome back to Girls Night.

Gennean: Oh my gosh, I can't believe I get to be here for a third time. I'm so excited.

Stephanie: I feel like it's pretty appropriate that we have you back because we've talked about this in your previous episodes, but like, truly, I had been sitting on the idea to start a podcast for a while, but it wasn't until you and I went to dinner that I was like, "Okay, my friends are amazing, and I need to be part of the coolest, most inspiring, most encouraging conversations. I need to start recording these."

It really was our conversation over dinner, I was like, "I wish I could have one save this so that I could go back and listen, but then also share it with friends." Anyway, I feel like so much of the Girls Night Podcast can be traced back to you. So I'm so glad to have you back.

Gennean: I always think about that. I obviously cannot believe that that was like six years ago or whatever the crazy number is nowadays. But I do always think about what a sweet, serendipitous night that was. And love that it, one, you know, kind of

affirmed that you needed to do this, but then two, created a friendship, which is so great.

Stephanie: I know. I know. I love it. For women who don't know you yet, can you tell us who you are, what you do, and a fun fact about yourself?

Gennean: Sure, of course. Hi, everyone. I'm Gennean. I live in Nashville like Stephanie, although I'm from California. I always like to say that because I love my home state. I'll probably never move back but I love it. I'm 32. Almost said that I am 33, which is aging myself, which I'm not going to do. I'm 32. I'm single mostly by choice, partly by circumstance that's another story for another day.

I have a sweet dog named Amos, who I adopted during the pandemic. So I am part of that stereotype who got a dog during COVID. He's the best though. And I'm also a travel planner and content creator. Mostly kind of focused on the travel/faith space. This is the third time I've been on your podcast which blows my mind.

I had to go back and make sure I didn't repeat a fun fact because I totally would have. So a fun fact, this kind of feels like a cop-out, but I spent two years solo traveling around the US and Europe. So I think that's my fun fact for this episode.

Stephanie: That's a great fun fact. And it's totally appropriate for what we're talking about. I love this topic, because I know that for the women listening, I have just this fierce and incurable case of wanderlust. I love travel with everything in me. It is the most inspiring thing to me. It's the most exciting thing to me. It's a way that I really learn a lot about myself. It's a really great way for me to connect with God. It's one of my favorite things to do with Carl, with my girlfriends. We're starting to learn how to take the babies places, which is really fun.

But travel just really has played an absolutely irreplaceable part in my story or role in my story. And I love that we have that in common. One of the things that I know is true about a lot of our listeners is that they have a passion for travel too or would like to have a passion for travel, but it is an expensive hobby, and it's a time-consuming hobby, and it's an intimidating hobby.

The barrier to entry is pretty high. And it's something you have to like... It gets easier, but also you still have to do the logistics. You still have to pay for the plane ticket every time. So it is kind of a hard thing.

That's why I wanted to bring you on the show. I love the travel that you've been doing. My favorite thing is that you've been doing a lot of it by yourself. And that's the other piece is that not only do we have to pay for travel and find the time for it,

but a lot of times—this is absolutely true for me and has been true in different seasons—we don't have someone to go with.

You know, you may be in a different season of life than your friends or have different budgets than your friends or have different priorities than your friends at different times. So finding people who are in the exact right spot as you, who want to go to the same places as you is really hard. And you haven't let that stop you.

So I want to back up in your story. Tell me, how did travel become such a regular and important part of your life?

Gennean: It's a really, really good question. I think when we first chatted, the first episode I was on, I had just finished paying off my student loans. And then I'd spent a year kind of saving up because I knew I wanted to do a little traveling and then I quit my job to pursue doing that. And it was terrifying.

To backtrack a little, I knew when I got out of debt that I wanted to celebrate somehow. So I told myself, "Hey, I'm gonna go to London for two weeks. I've always wanted to go. It's going to be amazing." And it kind of just morphed into, which I'll get into in a little bit, but I ended up kind of feeling like I was supposed to travel longer.

I kind of had a gut instinct, which felt very silly at the time. But I said yes to it anyway, which, like I said, kind of required me quitting my job. It was a complete leap of faith, but I felt something just kind of deep in my bones telling me that I needed to travel longer than the two weeks I had for paid time off at the job I was in at the time. So kind of long story short, I ended up spending quite a bit of time solo traveling around Europe.

I did a four and a half month trip to start and ended up getting a part-time remote job which allowed me to... I kind of had a decision to make. Like I got this job and I was like well, "Okay, I can move somewhere and keep doing the job" or "since I don't have the overhead expense of rent and stuff right now, I could continue traveling."

So I decided to continue traveling. I did some stateside travel, visiting friends and family, did a big road trip out to Nashville from California and back, and all sorts of things. I went back to Europe for another four months.

At the end of that, it was about two years, I kind of was ready to have a place to call my own, and so landed back in Nashville. And it was only a few months before COVID hit, which obviously I couldn't have predicted or imagined that that would happen. But I'm so grateful for the timing that I landed somewhere totally by the

grace of God because, again, I had no idea that was going to happen. But it was just so beautiful. And it was the right timing and everything like that.

So while I didn't travel nearly as much... Just like everyone else. We didn't really travel in 2020, maybe a little bit here and there to see family and friends. The same goes for 2021. I really just spent some time visiting friends and... Where did I go? North Carolina. I went to New York City. I did spend a week in Alaska last summer. That was pretty incredible. But beyond that I didn't do nearly as much travel as I had previously.

But what was really cool was last summer I found myself kind of in a position to help others with their own dreams for travel, which is not something I thought that I would get to apart from just sharing about my own travels on Instagram, essentially. But a friend reached out to me who had never traveled solo, but really wanted to take a trip to New York City for her 30th birthday and didn't want that limitation of not having another person to go with her to keep her from doing it.

So she came to me and she's like, "I want to pay you to help me." And I was like, "Oh, no, no, I'm very bad at receiving." And I was like, "You do not have to do that." She's like, "No, you have expertise, you have stuff you can teach me and help me so that I can feel competent to go do this. I want to. I want to pay you." So I was like, "Oh, gosh, okay, it was very uncomfortable."

But it was so wonderful to get to work with her and kind of help her not only plan but execute her trip." She calls me her hype girl because when she was on the trip she posts on Instagram and things and I'd like comment and react to her stories and just be so stoked for her doing something that she wants that would be extremely scary, extremely daunting, didn't know she could do it, but she was doing it.

So yeah, it's been really cool to see something that I've just personally passionate about and experience in having solo traveled myself for an extended period of time turning that into something that I can use to help more and more people explore the world, ideally, more confidently, more easily as a travel planner.

So it's really fun because I get to solo travel myself while helping others do it as well. And it's just kind of a really cool full circle moment. So I guess, yeah, that's kind of how travel started being a big thing and continues to be a big thing in my life.

Stephanie: I love that. We talked about, you know, it's really frustrating when you have these dreams of going somewhere or doing something and you don't have someone who can go with you. And this can happen for so many different reasons.

It's not that you don't have people. It's not that you don't have people who love to travel. But it's like all the stars have to align for someone to be able to take the same amount of time off as you and not have already spent that time elsewhere or to have that in their budget at the same time that you do. It's just a lot has to happen. I love the independence of getting to say, "I want to go to this place, and I'm going to go to this place instead of..." It's just such a quicker path to getting to explore the world, like you said.

So I wanted to know, before you traveled solo, how did you feel about it? And then now that you've done it, how do you feel about it now?

Gennean: Such a good question. The truth is before I did it I was terrified. I was really, really scared at the thought of solo travel, especially, you know, the potential for long-term solo travel. There were just a lot of questions I had to ask myself.

And it was just thinking of being alone for that much time was a little daunting. I'm a little bit more on the introverted side of the scale, so I don't mind being by myself. But that's in small doses, right? For like weeks on end.

For one, I had to think, "There's a lot of time alone. Am I going to be lonely? How will I make sure I'm safe? Will I get bored?" All these sorts of questions that I kind of had to ask myself. And I just didn't know. I didn't know what was going to happen or how it was going to feel. So I decided it would be a good idea to kind of test the waters, so to speak, and take a couple shorter solo trips.

So my first one, I went to New York City and actually visited a friend who lived there. But she works during the day, so I took that as like, "Okay, during the day, I'm gonna go explore on my own, and then we'll regroup at night." So kind of eases you into the solo travel world. And I was, "Okay, New York City, biggest city in the US, have to navigate public transit. This feels like the best way to do it." And I ended up loving it.

And it was the perfect way to kind of start into that kind of figuring out how to get around on your own and making decisions for where you're going to go, what meals you're going to eat, all those sorts of things.

A few months later, I then decided, Okay, let's test the waters on international travel, when I was back living in California before I was about to go to Europe. And I was, "Okay, I'm gonna go to Vancouver, British Columbia," because it's another country, another currency. They speak English, which makes it a little easier. But I was like, "Hey, this is gonna be a good way to kind of figure out if I can do this too."

And it ended up being... I was intimidated by that trip because there's also winter. It was like March so it was like snow and all the things. But I was like, "I'm going to do it." And it was amazing. I was able to navigate their public transit. I had done just a little bit of research on things I wanted to do and restaurants and all that sort of stuff. I was there for four days and it was wonderful. Thank goodness I ended up enjoying it because I was supposed to leave like a month later.

Stephanie: Oh, my gosh. You're like, "And I hated it, and now I have to do this."

Gennean: I know. The timing would have been a little rough had it not worked out. I loved both. They both helped to give me some confidence I needed, but also the knowledge that I'm actually a lot stronger, more capable than I realized for doing hard things. Which I think is the journey of life is we're constantly figuring that out.

But yeah, I kind of had a little bit of affirmation, like, "Yeah, I think I can do this." And it made the thought of taking a longer trip a lot more, I don't know, realistic and feasible and more exciting than scary.

What's really interesting is... I think we talked about this on maybe the second episode we did, but I've learned that kind of when you find yourself in that spot where you're approaching something or looking at an opportunity and you're both really excited by it but a little bit scared by it at the same time, it's kind of this perfect, sweet spot. I think, it usually means that something in you is being ignited while also, you know, you can't do it on your own.

As women of faith, there's the element of trusting in God and having faith in God to come through and be with you through those things. So yeah, I love being in that little sweet spot where it's both exciting and a little bit scary, because it means God has to do something. So that's just such a fun thing.

To answer the second part of the question, now that I have done it for a while, and how do I feel about solo travel now, I continue to love it. I literally just a couple of weeks ago got back from a two-week solo trip. I went back to Europe for the first time in a couple of years. And I did it like full speed. I did four countries, eight cities in two weeks. I've learned that it's possible, but maybe people shouldn't travel like that. It was a lot. It was really exhausting.

Stephanie: Yeah, you came home really tired.

Gennean: Yeah. I was like, "Oh, man, I can't believe I did this many places in that amount of time. Felt like I lived 12 lives in two weeks, pretty much. But yeah, it's my favorite way to travel, I've learned. I also love traveling with friends.

Group trips are so much fun. There's a lot more to the planning process, though, when you travel with other people in terms of, one, money and budgets, but then two, just like figuring out what to do and where to go, all those sorts of things. So I think I favor solo travel but I'm open to traveling with friends all the time.

But I love that solo travel kind of pulls you out of your comfort zone every time. It doesn't matter how much you do it, how often you do it, anything like that. It pulls you a little bit more out of your comfort zone and it gently forces you to be more flexible, to learn how to go with the flow, which was something I really needed to learn a few years ago, especially. But then also it helps you grow in some really cool ways that you might not have otherwise.

I love it too because it's basically how my now travel business got started was just because I decided and said yes when I felt like God told me to go take a big solo trip. And like I said, it's really full circle moment.

My mentality now is if I can just help one other single woman or any woman really feel like she can do it if she wants to, I would consider all of the mishaps and misadventures that I've experienced, because there are definitely a few, I would consider them all totally worth it because I know when you come out of a solo trip, the confidence and the belief in yourself that you end up having is just... I can't even put words to it. But it definitely just makes you realize how strong and capable you are of doing hard things.

Stephanie: I love that so much. One of the things that I was thinking about is it's a really great opportunity to practice two things that I think we're generally bad at as women. And there are definite exceptions to this. Not all of my friends are bad at this, but it's something I've really been working on over the years is figuring out what I want and communicating what I want when it's only up to you to decide, like, what do I want for dinner? Where do I want to go? What do I want to see?

Like you actually have to get in touch with your heart and your mind and your body. Those are things that are really hard for us. There's no one else to accommodate. So you actually get to say, like, What I want to eat for dinner? But you also have to say what you want to eat for dinner. And I think that that's a really great exercise in getting to know yourself better and then advocating for yourself.

Gennean: I will say, just as a funny thing, when I was on some of the longer trips, I did hit bouts of decision fatigue, where I was like, "I do not want to have to think about where I'm eating" because you know, two to three meals a day thinking about that became a lot.

So there were a few times... This is so embarrassing to admit. I've said it on Instagram so I can say it here. But there were some nights where I was like, "I'm just going to McDonald's. I'm in Paris and I'm going to McDonald's but it's what's happening because I don't want to think about it." So the decisions can become a lot. But if you can do a little bit of research on the front end, it makes making decisions a little bit easier when you're actually traveling.

Stephanie: Carl and I were just talking to someone about that, about fast food in other countries. We were both saying we think it's better. I mean, I ate a lot of McDonald's in Thailand. It happened to be where we were working. There was a McDonald's at the end of the road that for some reason it was better. It'd be like the end of the day and we would be hungry. And then also probably my worst claim to fame.

When you're away from home for a really long time, having something that just tastes familiar, especially if you're in a country that the flavors are really different from the ones who are used to, it is so comforting to have something that's familiar. So we actually found a Chili's in India in Bangalore. When I tell you that we devoured that Skillet Queso and it was like the best thing ever, it's true. It is really true.

Gennean: No, it's very true. Especially, like you said, when it's long-term and you're like, "I just want something where I know what I'm getting. I don't have to make a ton of decisions," sometimes it's the right thing to do in the moment.

Stephanie: Two of the things that you mentioned, two the kind of the fears were being lonely, and then safety. So I want to just talk about those things really quick. Do you feel lonely when you're traveling? And kind of what do you do about that? So yeah, let's start there.

Gennean: That's a great question. Yes, and no. It really depends. So I think the longer your trip is, the more room there is to feel lonely. But there are definitely things that you can do to, one, get out of your comfort zone a little bit to meet other people.

So one of my favorite things, especially in Europe, hostels are a great way to meet other solo travelers. And there are so many. I think hostels for a really long time got a really bad reputation of being unsafe or unclean or anything like that. But there are so many really wonderful, beautiful, kind of like boutique hostels out there, especially in Europe, like I said. Even just on my recent trip, I stayed in the same hostel in Rome that I stayed in last time I went. And it's beautiful. It has like a rooftop, and the rooms are super nice.

And I met other solo female travelers. I always do female-only rooms just because that's my jam. And it's great because I meet all these other solo travelers. And what was really interesting was last time I went, the solo travel demographic was kind of early 20s. So I was kind of on the higher end. I was like, 27, 28. It didn't really matter. Nobody cared.

But I was meeting people from Australia and New Zealand, and Denmark and all over, and the US, of course. And you end up hanging out with those people for the days that you overlap. Sometimes you end up with friends for life. There's still people I talk to now who I met staying in hostels.

But even on this recent trip, the demographic was actually older. There was a 33-year-old, a 28-year-old, I'm 32. And then the youngest, I think, was 24. But we all went got dinner together. So it was really cool. You get to meet other people and share stories.

And even one day, I went to lunch and I was solo, and there was a girl solo sitting next to me. I don't usually engage in conversation, because again, like I said, I'm a little more introverted, but I just turned to her and I was like, "Hey, how's that pasta?" And we just got to talking. She was solo traveling. We're connected on Instagram, we stay in touch now. So it's really cool because there are definitely ways to meet people.

You can also always, you know, choose to talk to someone in a cafe. Or if you happen to be somewhere on a Sunday, maybe go to a local church. I did that in Barcelona a few years ago. I went to a church, ended up meeting people, and then I went salsa dancing with them. So you know, things that I couldn't have imagined doing. But because I chose to put myself in a position where I could meet other people, it helped with some of the loneliness.

I think a big thing too with loneliness is if you can do the work before you go travel in terms of being comfortable being on your own, that really helps. So I know some people avoid doing anything alone. They don't even want to go to a coffee shop solo.

So I always say, you know, if that's something you struggle with or want to grow in, start small. So maybe go to a coffee shop by yourself. And if it makes you a little more comfortable, bring your laptop or bring a book, bring something that can occupy you while you're solo. And then you can slowly level up so to speak.

Maybe go to brunch by yourself or lunch by yourself. And then go to the movies by yourself and eventually make it to dinner. I don't know why dinner is the most intimidating one. But if you can go to dinner by yourself, you can pretty much do

anything by yourself. I'm convinced of. A little tip if you're choosing to go to dinner by yourself and you're still a little intimidated. Sit at the bar...

Stephanie: I was just gonna say, sit at the bar.

Gennean: It's the best. One, you can still bring a book or something. A lot of people do that. But two, usually you get to engage in conversation with the bartender. A person who's taking your order helps you feel a little less alone in that. But I'm telling you, if you can like kind of move your way up that little like... I'm not gonna call it a ladder, but you know, those levels of doing things on your own and getting more comfortable, a solo trip will be so much easier.

I would also say something I really had to learn in some of my solo travels was acknowledging how I was feeling in the moment. So if there were days where I was lonely, or kind of feeling off, I really needed to admit it to myself and not try to push past it just for the sake of not feeling it. Because I think when we're honest with our feelings and our emotions, it's a lot easier to process through them, and therefore move past them.

So loneliness, I think, is a part of life in general. It's definitely a part of solo travel. But there are definitely things that you can do to make those things less lonely.

Stephanie: I love that. There are two things. When I was in college, it was kind of the peak of when my relationship with myself was the hardest and kind of the ugliest. And I remember kind of around the time of my book, *The Lipstick Gospel*, when all of that was happening, one of the things that I spent a lot of time thinking about was how to enjoy my own company because that's something that I had never done.

I wasn't friends with myself. I didn't like doing stuff by myself, I didn't like being by myself, I didn't like hearing my own thoughts. It's like I always needed someone else around to sort of drown out my relationship with myself. And that's something I really worked on.

Like I worked on having projects that were just mine or time that was just mine and worked on the way that I talked to myself and the way I treated myself. And it really was so cool because now I really enjoy my own company. And that's just something that I don't think we think about very often.

The other thing is that I had sort of this misconception that I think a lot of us have when we get married, and or move in with a roommate. I mean, there are all different scenarios where we kind of have this idea, but I kind of thought that Carl was going to be around to do anything I wanted to do. Like anything I wanted to

do, he was going to be available, interested, he was going to be able to do it with me.

And I remember it was this summer shortly after we got married and his daily schedule of tasks was less flexible than mine. So it's the middle of the summer, I wanted to just take a break and go out and go for a walk or go have lunch somewhere or do something fun. And I remember being so frustrated that he wasn't available for that and then also feeling really lonely, and also being feeling really held back by that.

So it was like, Okay, I can't go explore the city, or I can't go have lunch here, I can't go on this walk because he's not available. And I realized, like, even when you're married, you still do things by yourself. And it's a good thing to do things by yourself. So I had to learn how to have Stephanie days and have activities that I do by myself.

Even now one of his big hobbies is golfing, which is very time-consuming, and usually happens on the weekends. So there will be times where he will go golfing. And I don't golf, so that means that I have to figure out what I want to do. So I can be going and hanging out with a friend or it can be doing something by myself. But I really had to learn how to travel solo in a new city by myself. And that happened like right after I got married, which is just not normally something... we don't normally connect those two.

Gennean: Yeah, no. But yeah, it is learning to be comfortable with yourself and enjoy your own company. It is an intimidating thing for a lot of people. But if it's something that you put even just a little bit of effort into each day, that can grow to the point where you are far more comfortable and more willing to do things on your own.

Whether you're single, engaged, dating, married, anything, you know, even when you're married, I'm sure you can... I mean, you can definitely speak to this better than I can, but you're still two individual people. So you still have to go do some things on your own. So yeah, getting more comfortable with yourself wherever you're at right now is always a good move because you never know what the future is going to look like for you, so...

Stephanie: And all your relationships are better for it when your relationship with yourself is better. Like you're able to engage with other people in such a better way also.

Gennean: Yeah. And also you're amazing, so

Stephanie: Hand out.

Gennean: ...you should want to hang out with yourself.

Stephanie: Yeah, you're fun.

[00:29:19] <music>

Sponsor: Hey, friends! I wanted to pop in for one quick second because our show would not be possible without our sponsors. So I wanted to take a quick second to thank the companies sponsoring us today.

Our sponsor today is a company that I love. It's [HelloFresh](#). Now, I know that lots of y'all have heard of them. But just in case you haven't, HelloFresh is America's number one meal kit that shops, plans, and delivers your favorite step-by-step recipes and pre-measured ingredients so you can just cook, eat, and enjoy.

Now, you guys know this about me but I'm not the best cook. Now I've gotten better over the years but I still don't love meal planning or cooking. It is just not my thing. Plus Summer's here and if you're anything like me, your schedule has filled up quickly, and cutting down on meal prep and shopping time is absolutely essential. That's why I love HelloFresh.

First of all, with HelloFresh there's something for everyone, including vegetarian, Calories Smart choices, and family-friendly options. One of the best meals I've made was their chicken sausage spaghetti Bolognese. You guys, it was so good. I am still thinking about it.

And not only is the food delicious but the process of making it is so easy. All the ingredients come pre-measured in handy labeled meal kits so you know which ingredients go with which recipe. And that means there's less waste.

And I'm telling you, I'm a beginner in the kitchen and even I can cook these recipes. They are so simple. And they come outlined on pictured step-by-step instruction cards. They walk you all the way through the whole thing and it actually feels like a fun cooking lesson.

I'm also a huge fan of HelloFresh because it's actually over 30% cheaper than shopping at grocery stores, and their pre-portioned ingredients help so that no food is wasted. This is great news for those of us on a budget, right?

Plus HelloFresh now owns Green Chef, another one of our amazing sponsors. So there are even more meal plans to choose from. I love switching between the brands and now my listeners can enjoy both brands at a discount with me.

Speaking of discounts, I love HelloFresh even more because they want to give you a promo code to get 16 free meals and three free gifts. If you go to hellofresh.com/girlsnight16 and use the code GIRLSNIGHT16, you can get up to 16 free meals and three free gifts. Again that's hellofresh.com/girlsnight16 and use the code GIRLSNIGHT16 for up to 16 free meals and three free gifts. HelloFresh, thank you so much for sponsoring our Girls Night. We just love having you.

[00:31:36] <music>

Sponsor: Hey friends! Our sponsor for today's episode is an amazing female-founded company called [Olive & June](https://oliveandjune.com). Now, I don't know about you but I love having my nails done. I just feel more put together when I have a fresh manicure, especially in spring and summertime. But to be honest, I rarely do it.

A few times a year I do treat myself to a salon mani-pedi. I always walk out of the salon having spent like \$100 and I usually end up chipping my newly painted nails as soon as I get in the car. So then I go through a period where I decide I'm just going to do my nails myself. But no matter how hard I try, my nails always end up looking like they were painted by a 6-year-old. Anyone else? That's why I'm so happy to have found Olive & June.

Olive & June founder spent a year doing and undoing and redoing and redoing her own nails, identifying all the reasons it is impossible to make them look good on your own, and then she fixed it. She created their Mani System that helps you achieve beautiful salon-quality nails for just \$2 a mani. And the polish truly doesn't check. It lasts for seven days or more.

The Mani System comes with all the tools you could possibly need for salon-quality nails all in one box, including the poppy which is this thing you put on top of the nail polish candle to make it easier to grip. And that way you can paint your nails on both of your hands. This is a game-changer. With a poppy I can finally keep the nail polish on my actual nails instead of getting it all over my fingers.

You can customize Your Mani System box with your choice of six polishes. I love the variety of colors they have. I am obsessed with their color called Pink Sands. It's this gorgeous light pink neutral color that I can't stop wearing. Friends, I love this company so much. I actually enjoy painting my nails now and the end result is seriously so beautiful.

Not only that. Their Mani System is going to be my new go-to gift for all of my closest people. I just gave a box to my mother-in-law for her birthday and to my

friend Kelsey. They make the best gift. Friends, painting your nails can actually be fun and affordable, all because of Olive & June.

Visit oliveandjune.com/girlsnight for 20% off your first Mani system. That's oliveandjune.com/girlsnight for 20% off your first Mani System. Olive & June thank you so much for sponsoring our Girls Night. We just love having you.

[00:34:02] <music>

Stephanie: Tell me about the safety aspect. Because as women, I know that we face different... It just feels vulnerable being a woman in the world sometimes. So is it safe to travel by yourself?

Gennean: Yes. Okay, I get so, so many questions about safety, whether it's in my DMs or comments or whatever. I have a guide to solo travel on my website that details a lot of this because I know it's intimidating. And we live in a world where I think for one, we're kind of told as women we should be scared, even if it's insinuated. Like we should be on the lookout.

And it's not unwarranted. I think, you know, there's a reason for it, but I also think it's almost hyper... It's almost just pushed more to the front than it might need to be. I like to remember that... I don't know if this is a good thing or not. But I have to remind myself that bad things happen all the time anywhere. It's not just going to be when I'm traveling that I should be aware of my surroundings or making sure that I'm staying safe. It needs to be no matter where I am.

So I do have a few practical tips that I found to be really helpful. One, I took a self-defense course before I went and did my first big solo trip, which I found to be... It was mostly educational, which I actually really liked. It was like 80% education, 20% action, which I...

It's funny because I remember some of the action parts, but I remember more of the educational part, because it's almost preventative. So from that, and then from having traveled, here are a few of my top tips for safety.

So a big thing I like to say is do your best to look like a local as much as you can no matter where you are. Sometimes you can't control that. If you're going to a country, like say you're going somewhere in Asia and you have blond hair and blue eyes, you're probably going to stick out because you don't look like you're from there.

But when you can control it, especially if you go somewhere like Europe or something like that, try to do your best to not stick out. And what I always say is

walk confidently. Don't be looking at your phone the whole time. That won't make you look like a tourist necessarily, but when you're looking down, and you're not looking around or up and out, you're distracted.

I think the biggest thing that you can do is be very aware of your surroundings as much as you possibly can. This is a really interesting fact that I learned in my self-defense course, and it feels very awkward. But look people in the eye. When you're walking down the street or you're on a subway or a train or a bus or anything like that, don't be afraid to look people in the eye.

For one, it shows confidence subconsciously, but two... I don't want this to intimidate anyone out of solo traveling. But say there was a person with bad intentions. If you were to look them directly in the eye, what they think is then, "Oh, this person has seen my face. Like they know what I look like." So you are less likely than to be a target. Although that rarely actually happens, but it's always good to just know in the back of your mind.

A big thing too that I always say is like don't wear things that stand out. So like maybe don't have a giant camera wrapped around your neck or one of those little passport holders, you know, those sorts of things that scream tourist. Those are just some little practical tips.

Like I said, don't be on your phone the whole time. I mean, I rely on Google Maps when I travel internationally, for sure. But I try my best to scan it, figure out where I'm going, put my phone away, and then make my way. And if I feel like I need to pull it out again, I will. But I definitely don't want to be on my phone all the time.

Another good safety tip is to make copies of all of your important documents. So passports, credit cards, travel, insurance, any of that sort of stuff. Have copies both for yourself and for somebody back home. Because then, you know, if you were to be pickpocketed, which again, doesn't happen that often, or if you ever lose something, somebody has a copy somewhere, so that if you needed to go to your embassy or something like that, it makes that process so much easier.

And then kind of like we talked about with the whole loneliness thing, if you want to kind of test run feeling safe while you're traveling, just start doing things solo in your own city. Like, if you're in Nashville, go lock on Broadway. Go do that. Because it's awful. I hate going to the Broadway-

Stephanie: It's a lot. It's a lot.

Gennean: ...because it is a lot of tourists. But go do something like that or go to a coffee shop or a restaurant so low. Because it will not only increase your awareness and your

confidence, but it's going to help you stay safe. And if you can do it in your hometown, it will make it so much easier to then go out into new cities and places and feel like you're safer, you're more aware, you're more confident.

I think it's just important to remember that bad things can happen anywhere. Just do what you can to be aware of your surroundings. That's the biggest thing. Because I've traveled with people who are not aware of their surroundings. And I'm always like, "Oh, no, like, let me teach you my way. I want to make sure you know what's happening around you."

One of my weird practical tips is when I go to restaurants and things like that, I'd like to kind of—if I can control it—position myself where I can see what's happening around me. I don't know if that's a control thing more than a safety thing. But it's just helpful if I feel like I can see two-thirds of what's happening around me when I'm by myself. So those are some of my more practical tips.

Stephanie: In a restaurant, what are you looking for? What kind of a-

Gennean: Oh, good question.

Stephanie: The pickpocket thing, that's real. And I think that... I mean, I don't know how often that... That can happen anywhere. I don't know how often it happens in Nashville versus in Barcelona or something like that. I want to say I feel like it happens maybe a little bit more. Maybe when you're in a bigger city, it's more dense, and then maybe in public transportation.

I guess maybe I say that because that's the only time that I've almost gotten pickpocketed was on a train in Barcelona. And it was just a bunch of people kind of smashed together. But that may not be true. So yeah, what are you looking for? Is that true? Have you found that? Do you have any stats about that?

Gennean: I don't have stats but I've seen people get pickpocketed. I saw someone get their bag taken in Portugal. And then I saw a group of people who were doing this real strategic thing in Paris, trying to get into people's bags. I think a big thing is...

Oh, this is an interesting thing to say. But this is true. Don't be afraid of coming across as mean. And what I mean by that is, I think, sometimes as women we believe we need to be sweet and kind to everyone. I don't think that's true, especially when you're traveling solo and you need to be looking out for yourself.

Sometimes people will come up and say, like, "Oh, I want to give you this thing. I want to sell you this bracelet, or I want to give you this rose." It literally happened in Rome. I was just there. This man tried to give me a rose, and I was just like, "No,

no." And then he went and did it to the person next to me, and they took it, and then he immediately was like, "Give me money."

So I think there's just an element of like don't be afraid of how people perceive you because you need to be looking out for yourself when you're traveling solo, especially. And don't worry if you come across as mean, because chances are you're never going to interact with that person again. In terms of pickpocketing-

Stephanie: That's something else that we need to remember is that it's okay to just say no, especially if you-

Gennean: It's a boundary. That's all it is. This is a boundary. And it's healthy to have those in any situation, especially something like that. Pickpocketing, I think just being aware of your bag, the bag you're carrying. Backpacks are a little risky because people can get into it from behind and you don't see it.

So I brought a crossbody purse with me that has a zipper top. So someone can't just put their hand in, they can dig into it when I'm not looking. That's always really helpful. Don't carry your really important documentation with you when you're out and about. Like don't have your passport on you because if that were to get taken that becomes a huge headache when you're traveling.

I'm always just on the lookout for like... I look to the fringe, I guess. If there's a group of people or something looks seedy, I just know like, Okay, stay away from that. Try to stay in the areas where there's a lot of people, but it's not super congested, if that makes sense.

It really depends on what I'm doing and where I am. But yeah, I'm just big on trying to make sure I have as much degree of vision as possible so that I can just be looking for things. I remember being in Paris and seeing this group of people where they were... And it was a highly touristy area. I was in one of the big gardens, and somebody would like go up to somebody with a clipboard and ask them to sign something. And while the person was distracted, someone would come behind and try and dig into their bag.

And I just saw that happening like 30 feet away from me. And I was like, "Wow, it's amazing how alert you kind of have to be. So your alertness just has to be a little bit higher when you're traveling solo, but I don't ever want someone to think like, "Oh, gosh, that's scary." It's really not that scary. It's just you have to be a little more alert, a little more aware. But if I can do it, anybody can do it, and you can be okay. Yeah, just little practical tips for staying safe.

Stephanie: I'm really glad you mentioned the self-defense class too. I did one in college. I need to do another one. But I remember walking out feeling so... It was like a pretty hands-on one too. There was definitely a physical aspect to it. So I had to like [inaudible 00:43:53] a guy.

I mean, he was really padded and everything, but it was a really big deal. But the intensity of the course matched the intensity of my fear at the time. And so getting to really like figure out what to do in situations and feel like I could really take care of myself was just one of the most empowering things I've ever done. I wish no one ever had to defend themselves, but it's just a really nice thing to have in your back pocket.

Gennean: I think that's a good thing to say is if your fear is really high, a self-defense course is going to be an amazing thing for you to do whether or not you're considering solo travel because then you have kind of the tools and the resources and the knowledge to know that you can handle that type of situation, hopefully, if it were if it would ever happen to you, which ideally it never does. But just having the knowledge can be so competence building.

Stephanie: I love that. One of the things that you have talked about a lot is debt and saving. And I know that you had a really long journey of paying off debt in your own life. Is it possible to travel? How do we financially make it work to travel? Because fortunately travel is not the cheapest of hobbies.

Gennean: No, no. And it's only getting more expensive it seems, especially right now. The simple answer is yes, it is possible. I think it differs depending on the person and their situation. But I think the most important thing is on an individual level, just kind of knowing what your short and long-term goals are. I like setting goals, I don't always stick to them. But I like at least having some sort of vision for what I want short-term, long-term.

And I think that really helps because if travel is one of your goals, then I would encourage you to be saving for it. If and when you can. My biggest recommendation, I guess, really is figuring out what your priorities are. There's a quote that I love to remind myself of often, and it is that we prioritize what's important to us.

So if being in a relationship and getting married is really important to us, we're probably going to be dating, which clearly has not been important to me for a while. But then if travel is important to us, we'll make that a priority as well. So whether that means saving up for it or finding a job that gives you enough paid time off, or like me working remotely or working for yourself so that you can choose to

travel when you want. Yeah, figuring out those priorities can be really important. And if travel is a priority, I think a mindset is really important to have.

Something I try to do when I'm able, and this doesn't always happen, but if I have a little bit of extra cash each month, then I tell myself, okay, the goal is to save let's say \$200 for travel each month if I can. And I look at that as a payment rather than a saving, if that makes sense. I almost go back into like, I'm paying off debt, I have to make this payment, so I have to pay myself for my future goals to travel. It'd be the same if you're saving for a house or saving for something else. You just have to tell yourself, "This is something I have to prioritize."

Some practical tips, I guess for saving for travel, I do like to try and give those because it's just kind of lofty to say, "Yeah, just save for it." But if it's something you really want to do, you can always pick up a side hustle. I did that for many years when I was getting out of debt. I first side hustled to get out of debt, and then continue to do so—save for travel.

Simple things you could do, especially if you're in your 20s or early 30s, I still do these things: babysitting, house sitting, finding little jobs. It doesn't have to be an actual job where you clock in, clock out. I did tutoring for a year. You could also sell some things that you might not need. Facebook Marketplace is a great place to make a little bit of money. Websites like Thredup or Depop, or Poshmark if you're selling goods and clothes and things like that, you can make a couple 100 bucks, which is always great.

I think being patient with yourself is also important when it comes to saving for goals and saving for travel. You know, don't put too much pressure on yourself to have it all figured out and saved up for in six months. That might not be realistic. So give yourself a little bit of time.

But you can totally do it. I somehow miraculously and I don't recommend this because I was kind of a miserable human being at the time. But in 20 months I saved \$18,000 which if I was just babysitting in house sitting, that math is crazy. I was not. I didn't really have much of a social life. So again, I don't recommend it. But it was important enough to me to get out of debt, and then to save. So I did it and I prioritized that. I don't recommend other people do it as intensely as I did, though.

When it comes to debt and travel and things like that, I don't want to advocate anyone go into debt for travel. Destinations are always going to be there for the most part. The place you want to go to will be there in a few years. Especially if you're already in debt, I would not recommend going into debt for travel. Wait until your financial situation is a little bit more stable.

And then like I said, if you can start saving for travel, that's a much better way to do it in my opinion. However, usually, I'm a pretty black and white person, but I don't believe in waiting for everything to be kind of lined up perfectly before saying yes. So it's kind of the whole like don't make your financial situation worse to travel, but also don't wait till you're retired to travel. There is a beautiful middle ground in there.

And I think, especially in the US, there's this weird... We feel like we have to do things in a certain order. Or we feel like we have to do this, this, this, and that before we can do the things we really want to do. That's not true. It's a roadmap a lot of people follow. It doesn't mean it has to be the one you follow.

Like for me, I could have been saving to buy a house but instead I prioritized going to travel for a few years. And I don't regret it at all. I mean, in this housing market, maybe I regret it a little bit. No, I'm just kidding. I really don't.

But just kind of figuring it out and finding that beautiful balance in there where you're making sure you're taking care of yourself and your finances while also making sure you're not putting off some of your dreams and your wants for a future date that might not even come. So I think there's a really little beautiful thing there.

It's actually something I love to do. I love helping people kind of budget for their trips, because I know that can be an intimidating factor too, especially when the cost of travel fluctuates. So something fun I love getting to do with my clients with travel planning is helping them kind of figure out like what is a good estimate, or a good number to have in mind? And how can I make my money go as far as possible? And where should I splurge versus where should I save? It's a lot of fun to get to do that, because I've learned a lot along the way. So don't go into debt, but don't wait until you're 65. That's my tip on that.

Stephanie: I love that. Get your house in order, but it doesn't need to be like your forever home. It can be a small starter house in your minds and in your finances.

Gennean: Yeah.

Stephanie: Speaking of, like, you know, where to put your money, I know that this is like a huge topic and it depends on where you're going. But can you share just a couple things with us about budgeting, making your money stretch, where to spend, where to save?

Gennean: Absolutely. Okay, best budgeting tips for traveling. It's probably also going to be a little specific to each traveler depending on... Again, we kind of all prioritize

different things. So we're going to spend a little more on certain things that we think are really important, and that's going to differ between each person.

I personally like to kind of save on transportation and accommodations, usually. So I don't need to fly business class. Would I love to fly business class? Yes. Is that where I want to spend my money? No. I want to get to my destination safely, but I want to have more funds to then go eat really good food or do really cool, unique experiences.

I want my accommodations to be clean and safe and centrally located, but they don't need to be top of the line luxury. So my personal mantra is get there safely, stay there safely, but have more money to make memories, so to speak.

Some people are like, "I want the luxurious five star experience. I want a spa. I want a pool connected to my room," that kind of thing. And if that's where you want to spend your money, that's amazing. I think it really is just about prioritizing. But if you're in more of a budget mindset, which is I tend to travel more on a budget, I again will save on transit and I will save on accommodation so that I have a little bit more for experiences.

Now, do I have horror stories of some bad transit? Yes. Or I chose a bad hostel? Yes. But there are always ways to remedy that. I checked into a hostel once and I was like, "Oh, this is not my vibe. This is like young 20s party central. I'm 28 and I'm basically a grandma at heart. So I last minute found an Airbnb, which cost a little bit more, but it was well worth it just for my style of travel and my sanity and everything like that. So canceled, the hostel went to the Airbnb.

I've told this story before, but I had a horrendous ferry experience getting from Italy to Croatia. And I did it because it was the cheapest option. And it ended up taking 27 hours. Which when you look at it on a map, you're like, "How? How did it take that long?" It's a long story. It got rerouted to a different country, got rerouted to Montenegro, and then we had to take a shuttle bus up to Dubrovnik.

I realized after the fact I could have rented a car and driven all the way up Italy and down Croatia in 14 hours. So I could have saved 13 hours by driving and seeing all of these countries and instead I was on an overnight ferry. Retrospect, it's hilarious. It's such a funny story. In the moment, it was terrible.

So there are some times where I've learned like, Okay, maybe the cheapest option isn't always the best option. Maybe do a little bit more research. Maybe be willing to spend an extra \$100 so you fly instead of taking a ferry or whatever it might be. But those are definitely some good ways to save.

I also want to say, hostels, again, those are amazing for saving money. Depending on where you go, hotels and Airbnb are... Right now hotels and Airbnb are almost the same, which is kind of wild because a few years ago Airbnbs were much cheaper. But I think people with Airbnb have been slower to reopen just given the times that we're in. And so they're almost the same price.

So on this last trip, I stayed in a couple hotels and a couple hostels. Hostels just are great though if you can stay in a... Most hostels have private rooms too, which are pretty comparable to hotels. But I like to stay in like four to six female-only dorms so they're like four to six girls in a room. And I think I was paying like \$40 a night and it was super nice, super clean. Again, I was meeting other solo travelers. So that's a great way to save money.

And then another way to save money is not feeling like you need to eat out for every meal. That can get really expensive really quickly. So if you can do one or two meals at wherever you're staying. So if your hotel or your hostel has like a breakfast for five euro or \$5 or whatever, opt-in for that, grab a piece of fruit on your way out, you've got a snack, as you're exploring, go to a bakery, get like a takeaway coffee and a croissant. That's breakfast and it costs you \$6 or whatever. There are definitely some ways to save there.

Or if you have the luxury of having some sort of kitchen or kitchenette... A lot of hostels have like... What are they called? Public kitchens, so everyone can use it. You can go to a grocery store, grab some food, make some food for yourself, save a ton of money. Those are some good, practical ways to save money before and while you're traveling so that you can make your money, again, go as far as possible.

Stephanie: I love that. I love that. And I'm so glad that you told that story about the ferry because the thing that we have to remember is that the things that are the most uncomfortable in the moment generally end up being the funniest stories later. So you can go like, "This stinks right now, but this is going to be great story." Like you're always gonna tell that story.

Gennean: I feel like I have to say I have two of those stories. Both happened in Ireland on different trips. And I think you probably remember this one. The first time I went to Ireland, my car broke down in the middle of nowhere. That was fun. It wasn't fun at the time. It's hilarious now.

And then on this recent trip, so literally this was I don't know, three weeks ago, I was down at a lighthouse on this really remote area of North Western Ireland, and a bull and cows surrounded my rental car. I was down there by myself. The sun was going down, and it was this whole traumatizing thing. And the bull ate my windshield wiper off my rental car. And I was petrified because I don't... I'm a city

girl. I love cows but I don't know how to handle them, especially bulls. I'm like, they're territorial over their lady cows.

And so I was like, I don't know, 100 yards away just watching it happen, and I was like, "I don't know what to do." So I had to call my Airbnb hosts. And she came down and basically rescued me. I cried, I cried when she got there. Now it's hilarious. It's hilarious. In the moment, it was so scary.

Stephanie: Were you in the car as this is happening, or you were...?

Gennean: No, I was outside of it. I don't know if it would have been scarier being inside the car or not. I think I would have probably just tried to drive away. But being that I was away from the car, and there was nobody else down there, I was like, I don't know what to do. I didn't want to go toward the car because I didn't want to intimidate the bull. I don't know. Again, I did not-

Stephanie: They did not cover this in my self-defense class. That was for humans, not for bulls.

Gennean: They did not.

Stephanie: Oh, my gosh, that is so amazing. That is so amazing.

Gennean: But again it's so funny now.

Stephanie: I love that so much. Gennean, the last thing I want to ask you, because I know that you have thoughts and feelings about this. We talked about this a little bit, but I know that there are women who have dreams of traveling and they're putting them off for one reason or another. And maybe it is like, you know, I need to get this part of my life sorted out or I need to do this or whatever. But then I know for a lot of women that I've talked to, it's like, "I don't want to take a trip by myself. I want to take this trip once I have a person, my person to do this with." So tell me your thoughts about that.

Gennean: This is a question that I get often too where people are like, Oh, I really... Even I have friends who are like, "Oh, I really want to go to this place but I want to wait until I have a husband and we can go together and things like that." And I totally understand the mentality of wanting to save special things or certain dreams or destinations for quote-unquote, when, whenever x happens, or you know, whatever.

But I think, and this might be a hard truth to swallow for some people, our quote-unquote, "whens" are not guaranteed. I like to compare it to when someone says like, again, they're gonna wait until they're retired. One like you might not

even live that long. Hopefully you do. I pray you do. But that's not a guarantee because life's hard and things happen that are outside of our control all the time.

And I think something else to think about is, you know, statistically, most people are going to get married. So that's something that's good if you are waiting for somebody to go do something. But at the same time, what if it turns out that your future partner doesn't want to travel or that's not a dream that they share with you? You're probably going to align on a lot of things when you get married. It doesn't mean you're going to align on everything.

So what if that happens, and then the place you've been waiting to go, they don't even really want to go? It doesn't mean they won't go with you, but it might not be the same. So I just think there are a lot of unpredictable variables that exist when you're waiting for a certain time to do something that you really want to do.

I try to be really gentle with people with things like that, because I know that people hold those things very closely to their hearts. But my real talk advice, so to speak, would be just don't wait. Like don't wait for someday or for something to happen before you say yes to the things that you really want to do.

I think some things are sacred and some things you should wait for. Absolutely. But you know, if you've always wanted to go travel to, I don't know, South Africa, or you've always wanted to zipline through Costa Rica, or you've always wanted to take a river cruise in Europe, if you have the means to do it, and the desire is strong, then you should just go do it. Because you can always go back and do it again with your future partner.

So yeah, do the things that you feel led to do and say yes to the destinations, or the trips or the dreams that you have. Because I've learned if anything, the chances are that you were given those desires for a reason. So yeah, just say yes and stop waiting because, like I said, some things are worth waiting for. But some things, I think it's okay to say yes to yourself in your season, and know that you can always do it again. So yeah, that's my advice on that.

Stephanie: One of my favorite cities in the whole world is Rome. I mean, a giant reason for that is the fact that I met Jesus there. But it's just one of my favorite places ever. And it's so cool, because, I mean, I obviously went before I met Carl and that was an enormous turning point in my life.

It's cool, though, because about like six months later... really like four months later after I was there, Carl was in Rome with his friends doing a big trip. And we both got to have that experience separately. And we both were having just kind of this

pilgrimage time in our life where we were finding out a lot about ourselves and about God and growing a lot.

Like we've talked about so much. All of those experiences have made our individual lives so much better in our lives as a couple so much better. But it's really cool a couple years ago we got to go back to Italy together, and we were in Rome together. And it was so much fun to get to talk about what we'd seen and what we'd experienced and to experience and see new things together.

And the year before, I got to take him back to Spain. Like he'd been to Spain before but not with me and I'd been to Spain before, but not with him. I got to introduce him to my host family. I mean, it just was this amazing... Just because you've done it before doesn't mean you can't do it again.

I think every time we travel, every time we step out of our comfort zone and experience a new part of the world, meet people who are different from us, people who are the same as us in so many beautiful ways, we are better people because of it. And we take that into our relationships, and there's so much better for it too.

Gennean: Absolutely.

Stephanie: Gennean, I could talk to you about this forever. I am going to link to everything, all of your information, all of your contact, everything in our show notes. But seriously, thank you so much for coming on the show. Thank you for being such an inspiration to all of us. I'm just so glad that our Girls Night community gets to know you and that you're a part of it.

Gennean: I am so glad. I'm still kind of flabbergasted that I get to be here one more time and talk about something that has become a passion I never knew that I would have. And that's to help other people, you know, realize they're just so much more capable and they have the abilities and they can learn the confidence to go and do hard things. And if the hard thing to them is solo travel, then I would love to get to help people realize that they can go do it.

And if anyone ever needs a pep talk or advice or wants any one on one help just reach out to me on Instagram. I'd be happy to help you figure out where to go, what to do, how to make a budget, any of those things because the world is big and God has made a lot of really beautiful things, and there's so many beautiful cultures and people, and we have the opportunity nowadays to go and enter into those things. And so if I can help anyone do it, I'd love to get to do that.

So thank you for having me on, Stephanie. It's always a joy to get to talk to you and all our friends.

Stephanie: Same. Same. Thank you, friend.

[01:04:35] <music>

Outro: You guys, isn't Gennean amazing? I just love her. I love this conversation, and I'm so happy I got to share it with you. One thing I wanted to mention quickly is I know we talked about a lot in today's episode. So if you wanna find the links to any of those things, all you have to do is go to my website. It's Girlsnightpodcast.com.

And for every episode, we'll have a blog post with the show notes. All the links will be there for everything we talked about including all of Gennean's contact info, so you can follow her and so y'all can be friends.

The other thing I wanted to mention is if you haven't had a chance yet, it would mean so much to me if you would take just a quick second to leave us a rating and review on iTunes. We've gotten so many amazing five-star reviews from y'all and you've left the sweetest comments. I can't tell you how much that means to me. It also helps out the podcast more than you can imagine. So if you haven't yet, please take just one quick second to leave us a rating and review. Thanks so much.

All right, friends, that's all we have for today, but we'll be back next week with another episode of Girls Night. I'll see you then.