



# PASSPORT TO DISCOVERY



SAIL | DISCOVER | SHINE

**HAPPY NEW YEAR!** We hope you had a wonderful holiday season with family and friends! Make the most of 2014 by being 110% committed! Continue to work on your craft by practicing your TV Commercial & Runway Walk.

## CONTESTANT CHECKLIST

*Secure your passport today!*

- Go to this web site below and follow the simple steps to secure a passport. Don't delay on this process as it is **required** to travel internationally.

- [http://travel.state.gov/passport/passport\\_1738.html](http://travel.state.gov/passport/passport_1738.html)

- A passport picture CANNOT be a regular picture! They must be done at a separate location that is set up for passport shots.

- Go to the Internet and type in passport and your zip code and it will list many locations, such as Walgreens or CVS,

We all know that during the holidays we tend to eat a little more junk than normal. We spend time with family and friends eating all the holiday treats. Start the new year off right by getting your body and skin in top shape! Stay Active! Whether you join a gym or play Wii Fit. If you start now the possibilities are endless. Get on a good skincare regimen and drink lots of water. **Don't Wait!!**

Remember...be creative with your TV Commercial. Make it your own. Don't take the easy way out by using a commercial from the Barbizon handbook. Make up your own product or Choose one on television. Comedic commercials place higher than dramatic ones. Stand out! Diva Walk! Work on your walk every day at home by walking on a line one foot in front of the other with your shoulders back. Remember to start with a good model stance, Practice good posture, and walk like a model. If you don't feel a little awkward chances are you may be doing it wrong.

We hope you are as excited as we are! If you have any questions, please feel free to contact the office!

*Barbizon Staff*

