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## **THE POWER OF ADVENTURE:** **INSIGHTS – SUMMARY & BULLET POINTS**

### **1. ADVENTURE IS AN EPIC ALLOWING TOOL!**

...And can be one heck of a FUN allowing package deal!

### **2. EMBRACE ADVENTURE (AND LIFE) ON YOUR TERMS**

Extreme, slow & steady, or somewhere in between, you are free to decide what it means to truly enjoy YOUR ride!

### **3. TRAVEL LIGHT TO SEE YOUR DREAMS IGNITE!**

Leave the baggage behind to enjoy your current adventure to the max AND allow more awesome adventures!

### **4. ONWARD, UPWARD AND FORWARD IS THE ETERNAL CALL OF LIFE – AND LIVING LIFE ON THE FIRE IS THE ULTIMATE DESTINATION!**

When you wait to live you live to wait, so LET yourself live TODAY!

**And...**

When you **FOCUS**  
on the **PRESENCE**  
of the **BEAUTY**  
of your true **NATURE**  
with **APPRECIATION**

for your **AUTHENTICITY**  
you take **OWNERSHIP** of your joy  
and live life in **HARMONY**  
as a magnificent **EXPRESSION**  
of good **HUMOR**  
and **TRUST**  
in the **ADVENTURE** that is life!

## THE POWER OF ADVENTURE: TOOLS

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### TOOL #1: FIND ADVENTURE IN YOUR OWN BACK YARD

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1. Make a list/recording/etc. of things you could do to add a sense of fun adventure in your day-to-day life
2. Keep your list/recording/etc. in a place where you can review it daily and choose to engage in *at least one adventure* weekly, daily, or any time you want to add more fun to your life!

Here are some ideas:

#### →*Gastronomic adventures:*

Attend (or even host) tastings for wine, tea, beer, coffee, artisan cheeses, chocolates, organic produce or any kind of fab food & drink!

Experiment with new recipes, visit new restaurants, try new food & drink from all over the world

#### →*Outdoor adventures*

Take a new or more scenic route to or from places you frequent

Visit new parks or towns and hike, bike or stroll new trails or streets

Start your “typical” walk/ride in a different place or go in the opposite direction for a new perspective

Keep a look out (and a log of) cool new bird, animal or insect sightings

### **→Indoor adventures**

Paint a wall (or something in your home) a color you really love

Move your furniture or get new pieces to enliven your space

Renovate your home

Create a new system of organization

Rework YOUR look/style: Add some variety to how you express yourself and/or change your hair, make-up or clothing/accessories

### **→Social & learning adventures**

Attend a feel-good class to learn a new language or skill

Attend a fun local festival

Join a feel-good group or club that shares your current or budding interests (*example: Meetup.com*)

## **→Media & cultural adventures**

Watch a new film/type of film/attend a film festival

Expose yourself to new bands, artists, types of music or concert events

Discover new artists, mediums, art galleries or art shows/events

Visit a museum or cultural center or take a historic walking tour/ghost tour of your city/neighborhood or a nearby town to see your area through new eyes

## **→Adventures in love**

Experience new places & spaces with your sweetheart

Take a class or learn something new together

Leave sweet notes or happy surprises for your sweetheart

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## TOOL #2: EMBRACE ADVENTURE ON A LARGER SCALE

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1. Make a list of the journeys and experiences that are calling you to go beyond your back yard and day-to-day life

→ Take that trip or special journey!

→ Climb that mountain!

→ Start that new business or project!

→ Change jobs!

→ Ask her or him out!

→ Register for that marathon!

→ Create and/or build something truly amazing!

→ MASTER a subject!

→ BE the beautiful, brilliant, best version of YOU!

2. Keep your list/recording/etc. in a place where you can review it daily and move in the direction of it in some way every day

3. LIVE at least one of your great adventures annually – *or as often as feels good and right to you* – to truly live life ON FIRE!

## **HERE'S A BULLET LIST OF THE POWER OF ADVENTURE TOOLS:**

**TOOL #1: FIND ADVENTURE IN YOUR OWN BACK YARD!**

**TOOL #2: EMBRACE ADVENTURE ON A LARGER SCALE**

**→ Choose the one that feels best to you and do it now.**