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--ADVENTURES-->

Make

2018

your best year yet!

What is ---A-D-V-E-N-T-U-R-E?-->

ad·ven·ture

ad'ven(t)SHər,əd'ven(t)SHər/

noun

an unusual and exciting, typically hazardous, experience or activity.

"her recent adventures in Italy"

synonyms:

exploit, escapade, deed, feat, experience

---A-D-V-E-N-T-U-R-E!-->

But what does that mean? At Quest Scouts, we define adventures as "pleasurable experiences and activities outside your typical routine." Adventures provide a sense of excitement and add wonder to our lives.

Adventure Is

- ✓ Fun & exciting
- ✓ Something to look forward to
- ✓ Outside your typical routine
- ✓ Travel, experiences and/or activities

Adventure Isn't

- ⊘ An obligation
- ⊘ Something from your "should do" list
- ⊘ A resolution/ self betterment goal

When choosing your adventures, don't "should on yourself." Adventure is not about getting healthier, paying off debt, spending less time online, or any other "self betterment" goals. Adventure is about experiencing life to the fullest! Adventure is about going out into the world, on BIG trips and smaller excursions, in pursuit of your bliss.

The ADVENTURE Mindset

Making Time for Adventure

2018 is finite. It contains 52 weeks, 365 days, 8,765 hours worth of space. Much of that time will be filled with responsibilities- Sleep, work, childcare... and that's ok! We've still got plenty of time for adventure! However, there is a slight caveat here; Life is busy, so we have to make sure to plan adventure into our lives.

Otherwise, trouble can come about as the year moves forward. Busy work and unfulfilling leisure activities are the enemy of the adventure lifestyle. They eat up our free time, squandering our year's potential. If time is left unchecked, you'll get to the end of your year and wonder where it went.

The adventure mindset puts adventure first! Planning out your 50 Adventures and planning for them ahead of time will help you stay committed to making 2018 a year to remember.

Three Keys to the Adventure Mindset

1. Planning the where and when of adventures is key to squeezing the most out of life.
2. "Next weekend" never comes! Sticking with your adventure plans is essential.
3. Making time for adventure is just as (if not more) important than the activities society labels "adult obligations." So get out there!

Exercise One:

--TIME-INVENTORY-->

2018 will be a year of adventures, big and small. To get a better idea of what you can take on this year, you'll first need to take an inventory of your free time.*

Part 1: Vacation/ Flexible Time

In the chart below, list all "holiday days" you expect to have in 2018, as well as the date and day of the week these days fall on. (It's worth taking the time to research this information if you don't yet know it.)

Holiday	Date/Day
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

How many holiday days (non-requested paid days off) do you have available to you in 2018? _____

How many vacation (paid time off) days are you willing and able to take off in 2018? _____

Holiday days + Vacation Days = Total Days Off _____

Part 2: When Are Your BIG Adventure Weekends?



After listing your holiday days, circle any days during which you do not have previous obligations. Add these days to your calendar! Holiday days that run into a weekend are best looked at as your BIG adventure weekends!

Next, plot out how you'll use your vacation days. Will you extend your pre-existing big adventure weekends, create additional big adventure weekends, or use them for some mid week fun? Add these days to your calendar as well. (If appropriate, request these dates off now!)

How many BIG adventure weekends do you have available in 2018? _____

After completing your time inventory you should have a clearer idea of what days and weekends you have free for adventure in 2018. Now that you know how much time you have for your BIG adventures, whether that be only a single long weekend, or a much more considerable amount of time, make the most of it! Similarly, use this information to make sure you don't overbook yourself.

*This exercise may not fully apply to those who do not work a 9-5, such as self employed or retired individuals. However, the basics still apply, and we encourage you to modify it to suit your needs.

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--A--D--V--E--N--T--U--R--O--U--S-->

Ideas

- Take a trip somewhere you've never been
- Sled down a hill
- Ride a zip line
- Attend an Honor Flight
- Celebrate an unusual holiday (Arbor day anyone?)
- View a meteor shower
- Go for a hot air balloon ride
- Bounce on a trampoline
- Attend a BIG geocaching or letterboxing event
- Check out an art museum
- Dress up and go out on Halloween
- Go to Comic Con
- Get "far out" at a Space Center
- Spend a day at the fair
- Watch a movie at a drive in
- Relax in hot springs
- Camp under the stars
- Visit a Farmer's Market
- Snowshoe on a trail
- Go for a night hike
- Snorkel in the ocean
- Build a snowman
- Drive a go cart
- Visit a volcano
- Attend a sporting event
- Pick your own berries at a farm
- Paddle in a kayak or canoe
- Participate in a Memorial, Veterans or Armed Forces Day ceremony
- Attend a Quest Scouts meetup
- Visit a National Park
- Take a cooking class
- Carve a stamp and hide a letterbox
- Try out a rock climbing gym
- Take a "random" bus and hop off when you see something interesting
- Find a treasure at a garage sale
- Go chasin' waterfalls (Don't stick the rivers and the lakes that you're used to...)
- Fly a kite!
- Go rock hounding
- Attend a ranger talk
- Jump in a lake
- Roast marshmallows
- Get locked in a puzzle room
- Ride a bike
- Cheer on a parade
- Send a message in a bottle
- Visit a place of worship outside your religion
- Find a 5/5 geocache
- Volunteer at a soup kitchen
- Create a temporary outdoor art gallery
- Play a board game at a pub

END OF WORKBOOK SAMPLE

Hi!

Thanks for checking out our small taste of what 50 Adventures has to offer. My hope is that this exposure to the adventure mindset, as well as our Time Inventory exercise, has set you up to experience a more adventurous 2018.

If you enjoyed this workbook and would like to continue this journey, we'd love it if you joined us for 50 Adventures 2018!

50 Adventures 2018 includes:

Planning Exercises

Printable Poster Adventure Checklist

Monthly Mindfulness Prompts

Facebook Community

50 Adventures Sticker Badge

For more information, check out questscouts.com/fifty-adventures