

50

-ADVENTURES-➔

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Make

2024

your best year yet!

# What is ---ADVENTURE?➔

## 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

# ---ADVENTURE!➔

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

2024 is finite. It contains 52 weeks, 365 days, 8,760 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! Choosing your 50 Adventures and planning for them ahead of time will help you stay committed to making 2024 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-->

2024 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 2024, 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 2024? \_\_\_\_\_

How many vacation (paid time off) days are you willing and able to take off in 2024? \_\_\_\_\_

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 2024? \_\_\_\_\_

After completing your time inventory you should have a more clear idea of what days and weekends you have free for adventure in 2024. 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 stay at home, self employed or retired individuals. However, the basics still apply, and we encourage you to modify the exercise to suit your needs.

# 50 --ADVENTUROUS-- 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 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

# 50<sup>more</sup> --ADVENTUROUS-- Ideas

- Take a crafty class
- Research your genealogy
- Try a reading challenge
- Be guided through a history tour
- Take the scenic route
- Make grilled pizza
- Check out a lighthouse
- Trek to ancient petroglyphs
- Attend a unique festival
- Coddiwomple (Look it up!)
- Commune with animals
- Tour a food factory
- Host a board game night
- Taste wine at a vineyard
- Check out an aquarium
- Run a race (For fun!!) Visit a pizza farm
- Experience a renaissance faire
- Go mini golfing
- Head to an observatory
- Screen print a shirt
- Watch an aerial show
- Road trip!!! Hike a new trail
- Complete a Quest Scouts badge
- Go on a spontaneous adventure
- Oogle gems at a rock and mineral show
- Attend a culinary event
- Head to the top of a touristy tower
- Camp in a tent
- See a live performance
- Get a psychic reading
- Have a romantic getaway
- Get a National Park Passport Stamp
- Visit a historic cemetery
- Take a boat tour
- Visit a number of roadside attractions
- Get a tattoo
- Have a family movie night
- Visit a National Wildlife Refuge
- Join a CSA
- Go to a baseball game
- Put your toes in the sand
- Complete a jigsaw puzzle
- Have an at home spa day
- Make homemade icecream
- Compete in a trivia night
- Plant a garden
- Visit a cat café
- Try a number of new fruits

## Exercise Two:

# -----BRAINSTORM----->

This exercise is all about considering your adventure possibilities. While in the end you'll choose exactly 50 Adventures, don't worry about that now. Instead, brainstorm as many adventure ideas as possible. (We encourage you to come up with at least 100.)

To help you brainstorm, we've written prompts to help spark your imagination. Fill in the worksheet on the following two pages with adventure ideas that fit the listed criteria. Feel free to list additional ideas that don't fit on the worksheets on this page and/or on a separate sheet of paper.



Looking back on 2024, what adventures did you miss out on that you wish you had made time for?

What adventures have you always wanted to go on?

Are there any Quest Scouts objectives that would make for fun adventures in 2024?

What seasonal adventures might be fun?



<1 Hour Adventures

1-5 Hour Adventures

Weekend Adventures

Long Weekend (or longer)  
Adventures

List one, and only one,  
EPIC adventure



Think BIG here! An adventure you'll  
remember for years to come!

List a couple small adventures  
that would take minimal effort  
but provide a bit of happiness  
at the end of a rough week.

What are some adventures related to your hobbies?

Hobby 1

Hobby 2

Hobby 3

Ask five friends what adventures they'd like to take with you in the future, and record their responses

Friend 1:

Friend 2:

Friend 3:

Friend 4:

Friend 5:

## Exercise Three:

# NARROW

After completing your brainstorm, you should have far more than fifty adventure ideas. This exercise is meant to help you narrow your list down until you're left with the perfect 50 Adventures for 2024.

### STEP 1

Go through your list and circle all adventures that feel exciting to you. Cross out any adventures that aren't circled- If it's not something that you'll look forward to doing, it's not worth a spot in your 50 Adventures list.

### STEP 2

Cross out any adventures that you don't have the time for in 2024. You may have to prioritize some adventures over others here. For instance, if you have three long weekend adventures listed, but only two long weekends available, you'll need to get rid of one of them. (Refer to exercise one if needed).

### STEP 3

Count your remaining adventures!

More than 50

Exactly 50

Less Than 50

### STEP 4

This is the ideal space to be in! It is now up to you to narrow your adventures down to the fifty that excite you the most! When you've got just 50, move on to exercise four.

Wow! How did you pull that off? You're good to go! Move on to exercise four.

Back to the drawing board. You've got some good adventures down, but need a few more. No worries! Spend some more time on exercise two, come up with more adventure ideas, and then re-do the narrowing exercise. Hopefully the second time around you'll end up with at least fifty viable adventures to work with.

# WAIT!

Now that you've finished exercises 1-3, take some time to sit with your tentative 50 Adventures. (We suggest you pause for a full week, but make sure to take a break for at least 24 hours.)

During this time, do one last gut check. Are these the adventures that you want to go on in 2024? Move on to exercise five when you are ready to make your adventure list final.

## Exercise Four:

# --- COMMIT --->

You've put in the work to come up with your adventure plan for 2024! Great! During this two part exercise, we'll make a pledge to commit to your Fifty Adventures, without modifications, for the upcoming year.

## Part 1: Write Them On The Wall

Let's do this! You'll need a 50 Adventures Checklist Poster to record and display your adventures. Either print out an 8.5x11 version on your home printer, or order a larger, color poster from us.

Once you have your poster, fill it in with all fifty of your adventures.

Last, hang your poster somewhere you'll see it often. Let it be a consistent reminder to get out and have fun.

## Part 2: Take the Pledge!

It's time to pledge your commitment to adventuring in 2024. Fill in the blanks of the pledge below, and make sure to sign and date it when you're done.

I, \_\_\_\_\_, pledge to make adventure a priority in 2024. The 50 Adventures that I have written on my poster are set in stone, and will not be modified after I sign this pledge. I will do my best over the coming year to go on as many of my chosen 50 as possible. While my aim is to complete all 50 adventures, I will consider myself successful if I complete at least 30 in 2024! (Life happens, after all.)

Signed, \_\_\_\_\_ Date \_\_\_\_\_

# Congratulations!

## You're on your way!

Now go out and start adventuring! If you haven't done so yet, make sure to join the private 2024 Fifty Adventures Facebook Group so we can cheer for and support each other throughout the year. Additionally, stay tuned for monthly mindfulness prompts meant to help you stay on track with and reflect upon your adventures.