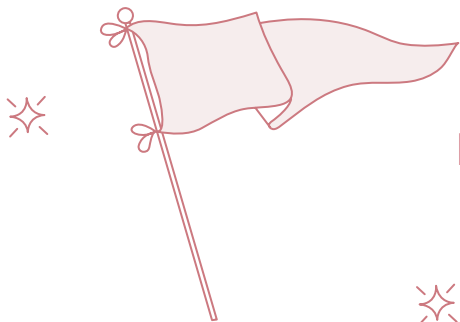

**Let's take a
moment for
adventure.**

**HOLSTEE
GUIDE**



BEGIN

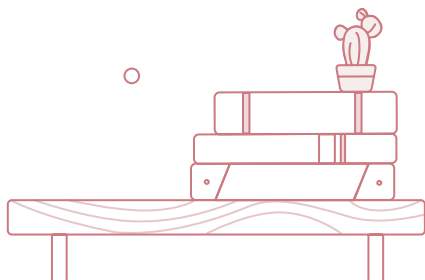
Adventure asks us to be comfortable with an uncertain future — to see an unknown ahead of us and to continue to walk in that direction. It starts with a spark of curiosity — to see a part of the world unfamiliar to us, meet someone new, create something we never have before, or just exist in a space guided by our imagination, not our limits. With adventure, we test what's possible.

In this guide, we'll look at adventure through this lens, considering the ways fear tricks us into thinking we can't do something, how courage brings us over the line of our imagined limits, and how mindfulness helps us cultivate an appreciation for the journey. We'll look at how a curious mind is essential to an adventurous life, and explore some ways to bring adventure into the seemingly mundane parts of our days.

We're grateful you're here with us on **this** adventure. Let's get started!



LEARN



Self-efficacy or the thought that “I can do this!” is our belief that we can conquer obstacles and achieve our goals. It’s the idea behind Henry Ford’s famous quote “Whether you think you can or you can’t, you’re right.” Adventure helps us build self-efficacy. It gives us a kind of savviness, self-confidence, and assurance that only comes from experiencing and overcoming challenges.

Psychologist Abraham Maslow (best known for his “hierarchy of needs”) told us that in any given moment we have a choice: we can step forward into growth, or we can step back into safety.

Each time we choose to step forward into growth, our circle of comfort grows a little bit more.

Then the next time we’re faced with the same challenge it will already be within our circle of comfort and we can decide when we’re ready to once again expand the circle.

Challenges are what make life interesting and overcoming them is what makes life meaningful.

JOSHUA J. MARINE



One way we can think a little more deeply about adventure is with this handy mathematical breakdown:

Adventure = Curiosity + Bravery

Curiosity and Bravery are important character strengths (think: creativity, love, kindness, humility) which have been studied by psychologists and researchers for over a decade. Character strengths were identified to help us better understand how to become happier, strengthen relationships, and accomplish our goals. Let's break these two down a bit.



Curiosity is taking an interest in all of human experience. It involves actively recognizing and pursuing challenging opportunities, seeking out new knowledge, and drives us to make discoveries. Think of curiosity as a switch that flips inside of us that makes us want to see new places, ask questions, and do things we've never done before.



Bravery is the mental or moral strength that allows us to face personal challenges, danger, or pain in pursuit of something good or meaningful. Bravery isn't the absence of fear, rather the overcoming of it to accomplish something.



Confronting fear with curiosity and bravery allows us to better examine, learn from, and grow past that fear. In certain moments, especially those of potential personal growth, fear can point us in the right direction and should be examined and questioned. This is often how adventures are born.

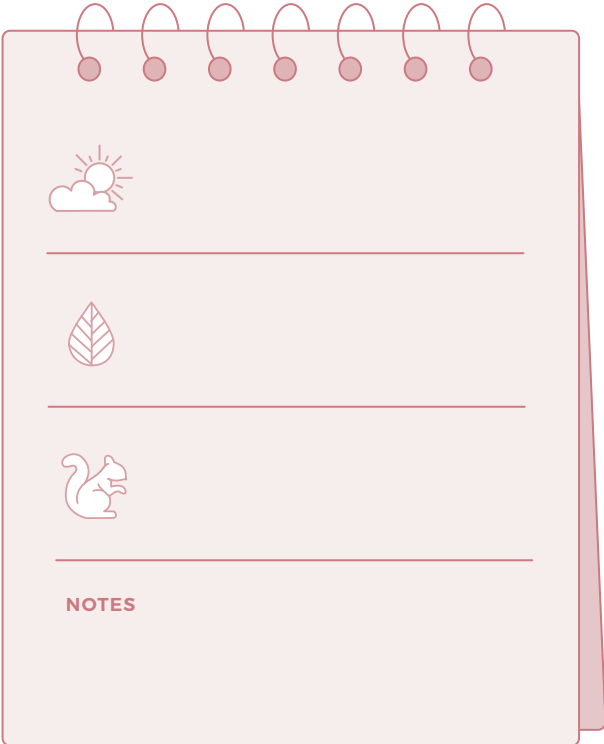
This section was guided by research from the VIA Institute, a global leader in the science and practice of character led by Dr. Neal Mayerson, Dr. Martin Seligman, and Dr. Christopher Peterson.



ACTIVITY

Plan a weekend (adventure) in nature.

John Muir wrote, "In every walk with Nature one receives far more than he seeks." The key is to be open and aware. Go for a hike on a nearby trail, visit a national park in your region, or just venture outside. Record the weather that day, any plants or trees you see and can identify, and any critters you spot along your walk.



☀️

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NOTES



There are 30,000 days in your life. When I was 24, I realized I'm almost 9,000 days down. There are no warm-ups, no practice rounds, no reset buttons. Your biggest risk isn't failing, it's getting too comfortable. Every day, we're writing a few more words of a story. I wanted my story to be an adventure and that's made all the difference.

- DREW HOUSTON



COMMIT

30-Day Challenge: Each day do one thing differently than you normally do.

Mix it up. Try to be more curious and open. Talk to a friendly stranger, go to a restaurant alone, try a new class at the yoga studio, or cook a few new recipes. Place a check mark in the boxes below each day you complete the challenge!

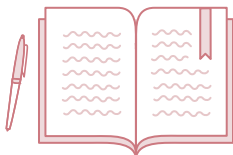
1	2	3	4	5	6	7	You've got this!
8	9	10	11	12	13	14	
15	16	17	18	19	20	21	You're halfway there!
22	23	24	25	26	27	28	
29	30	Way to go! 🙌					

**I have found adventure in flying,
in world travel, in business, and
even close at hand ...Adventure is
a state of mind – and spirit.**

JACQUELINE COCHRAN

REFLECT

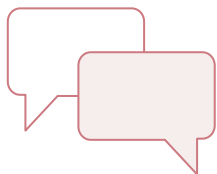
Journal Question: What does your dream adventure look like?



Think beyond conventional ideas of adventure and remember our equation (adventure = curiosity + bravery). What's holding you back?

Is there any fear or risk involved? What can you do to overcome those obstacles?

**Group Discussion Question:
Describe a memorable adventure.**



How did you push yourself beyond your comfort zone? Was it worth it? Did you learn anything unexpected in the process?

This kit is inspired by our readings from Albert Bandura, Abraham Maslow, and research from the VIA Institute. For further reading and curated resources on this topic, visit [holstee.com/adventure](https://www.holstee.com/adventure).