

Design Your Daily Adventures

Daily adventures are seemingly small actions that you take to snap through the routine, explore more, and inspire a productive, meaningful, and fulfilling lifestyle. Daily Adventures are for those who commit to living life to the fullest and to take every opportunity to make the most out of each day. Below is a sample list of some of our favorite daily adventures. Take a look at our recommendations, implement what you like, and build off of the rest. Once you have your adventures lined up, set them on your calendar. You're much more likely to follow through once they are marked on your calendar!

<i>Day of week</i>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>Type of adventure</i>	Escape the commute	Mandatory sunrise session	Organized sports league	Coffee with friends	Long bike ride before work	Take a hike	What do you grab life by?

Monday – Escape the commute

Start the week off right by changing up your commute. If you typically drive or take public transportation to work, try mixing it up by either cycling or running in. If you can't cycle or run, and your commute is short enough, try walking. The commute change-up will give you a completely different perspective on scenery that you pass each day, and you'll be rewarded with some fresh air. This is a great way to get yourself in the right frame of mind to crush the day and set the tone for the week.

WHAT WE RECOMMEND: If you work in an office, and your office has a shower, try running to work in your city. This will combine your workout with your commute, saving you time and allowing for an awesome tour of your hood from a new perspective.

Tuesday – Mandatory sunrise session

We know it's not always easy to get yourself up and at em before your usual wake up time. But it will always be worth the early rise at first light to experience a sunrise. Upon waking up, head over to a high point in your city, maybe it's a quick hike up a hill or a walk over to a river or lake, but make sure you are in the best spot to thoroughly enjoy the moment of magic. Pro Tip: lay out your clothes the night before so that, when you're tired in the morning, you don't even have to think to get ready and out the door. If you're light on time and are feeling ambitious, tie your sunrise session into a long morning run that gives you a great feeling of accomplishment to kick off the day.

WHAT WE RECOMMEND: Headquartered in Hoboken, NJ, we opt to catch the sunrise from a soccer field right on the water, with the NYC skyline in the background. We challenge you to top that!

Wednesday – Organized sports league

There's no doubt that joining an organized sports league with friends will lead to daily adventures. Organized sports are a fun, exciting way to get a workout in. Similarly, they allow for much-needed time with friends, especially after a long work day. In a recent study [{link study}](#), American's feel most happy when they belong to a community. By joining a team, you instantly become part of something larger than yourself, and you have an event, typically each week, where you can work out, have fun, and live life adventurously. We highly recommend joining a soccer league, but we can't say that we're not biased [{link to our social mission page}](#) If you're new to your city, joining a team is the easiest way to make new friends—well, maybe this only applies if you're a good player 😊

WHAT WE RECOMMEND: Adult soccer league in your city. Make sure you win.

Thursday – Coffee with friends

Grabbing a cup of coffee with friends is a foolproof way to incorporate a daily adventure into your life. Why does a coffee date justify as an adventure? Think of grabbing coffee with friends or soon-to-be-friends as a gateway to learn new things, enrich your mindset, and enjoy being human. Instead of meeting in your office kitchen, opt for heading to a local coffee shop to allow for a break from the daily work grind. This will also give you the chance to get outside for some fresh air. Coffee meetings are always great opportunities to strengthen relationships, as well.

WHAT WE RECOMMEND: Black coffee at your local coffee shop. Try a new coffee shop every so often to explore your city's gems.

Friday – Long bike journey before work

Starting your Friday with a 20+ mile bike ride will be the most riveting workout of your week. The thrill of getting after a long ride, despite the weather, proves time and time again to be the ultimate daily adventure. We recommend riding on a Friday morning to jump-start your weekend with energy and a healthy dose of adventure. Cycling is also a fantastic way to get to know your city and the surrounding areas. Be sure to plan your route ahead of time so you can focus on staying safe on the road and crushing miles. That feeling of completing a full cycling adventure before the work day is second to none. Build on this momentum and enjoy yourself after work because you deserve it.

WHAT WE RECOMMEND: 22-mile pre-work circuit around your home city. Try a different loop each time to maximize ground covered and sights seen.

Saturday – Take a hike

The weekend allows for greater flexibility of time. That's why we suggest heading for the woods for a hike. Hiking will always provide a thorough workout, often perfect for a cross training day if you're following a high-level workout plan. Similarly, taking a hike allows for much-needed time with the outdoors that we often neglect to fit into our busy schedules. Planning your hiking day in advance will allow you to set your mind to it and build your weekend plans around it so that you ensure that, whatever happens, you get yourself up that mountain. Got more energy to spare? Try trail running- the ultimate weekend daily adventure. Your heart will thank you later, if you make it back down!

WHAT WE RECOMMEND: Shoot for a nice 5-mile loop or out and back that has a high point. We're motivated by the view at the top, but whatever keeps you moving.

Sunday – What do you grab life by?

Sunday is a special day for daily adventures. If you're like us and you have already completed 6 daily adventures at this stage of the week, then we invite you to choose your own daily adventure that feeds your passions. Do you surf? Do you run? Do you create amazing art? Do you cook like a master chef? Do you ski/snowboard? A daily adventure is only as good as the passion that you carry with you throughout the journey. For your Sunday, get out there and do what moves you to end the week proud of your accomplishments and excited for the week to come.

WHAT WE RECOMMEND: We grab life by the soccer ball. That means that our Sundays are spent playing in organized leagues or playing as much pickup as possible. What do you grab life by?

Share photos of your daily adventures by tagging #UniversalDialect. Get out there and grab life!

