

How to Make Everyday an Adventure!



Watch & Listen

We spend a lot of time talking to people, but make an effort to spend more time watching and listening versus talking!

Try Something New

It is so easy, especially when life is busy, to get in ruts. Break out of your rut and try something new. New hobby, new restaurant, new book genre, whatever - just try something new!

Be Grateful

Start a gratitude journal. Write down daily what you are grateful for. Once you get beyond the "big" things, you will start recognizing all the little things that we sometimes don't even notice. A beautiful sunrise, a gorgeous flower, someone who smiles at just the right time...start recognizing all that is around you and be grateful!

1

Slow Down

We tend to move quickly through life. Slow down and enjoy the journey as well as the destination!

2

3

Unclutter Your Schedule

Just like in our homes, sometimes we need to unclutter our schedules. Leave intentional gaps or open spaces in your schedule so you can say yes to spontaneity sometimes!

4

5

Live with Expectancy

Children never seem to have trouble finding adventure. So, live with child-like wonder. Expect adventures to happen and you'll find them!

6



A Book Lover's Adventures

Finding Adventure in the Everyday!

www.ABookLoversAdventures.com