

Adventure Mindset

MASTERCLASS

*Approach your life and goals
with a sense of adventure*

What Is a Mindset?

A collection of thoughts, beliefs, opinions or perspectives about the circumstances of our lives.

The lens through which we look at ourselves and the world around us.

What is an Adventure Mindset?

An attitude of courage, curiosity, and confidence that allows you to go after what you want, even when you feel afraid.

With an Adventure Mindset, we approach our life and goals the way we might approach an adventure like a backpacking trip, road trip or traveling abroad.

Questions to answer:

- Where do I want to go?
- What will I need that I don't have?
- What skills will I need to learn?
- Who do I know that can help me?
- What do I anticipate struggling with? What's my plan to overcome that challenge?
- What am I most afraid of happening? What can I do be prepared for that outcome?
- What am I most looking forward to?
- Who will I need to become In order to reach my destination?
- What will I need to sacrifice, let go of or release?

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Adventure Mindset Thoughts

- I can't wait to see the views
- I'm excited to meet new people
- I am afraid, but I don't want to miss this opportunity
- I'm ready for all the ways this will be hard AND fun
- I'm looking forward to seeing what I learn and what I'll overcome
- This is just the hard part.
- It wouldn't be an adventure if it was easy.
- Look how far I've come already
- I see other people up there, so there must be a way
- I'm doing it!
- I can do hard things
- I am becoming the version of myself that sees this through
- I am a badass for even attempting this
- I have everything I need
- I prepared for this, so I know exactly what to do right now.
- This is the fun part

Adventure Mindset

Question	Answer	Automatic Mindset
Where do I want to go?	To the top of the mountain	There are already people up there, there's no room for me.
What will I need to sacrifice or release?	The expectation that It will be easy.	I've never been able to cope well with failure.
What do I anticipate struggling with?	The language barrier, sleeping on the ground, the steep Inclines.	This is going to be too hard.
What's my plan to overcome that challenge?	Learn to use google translate, purchase a quality sleep system, train for Inclines.	I'm not good/smart/capable enough to take this on.

Question	Answer	Adventure Mindset
Where do I want to go?	To the top of the mountain	I see other people up there, so there must be a way.
What will I need to sacrifice or release?	The expectation that It will be easy.	If it was easy, It wouldn't be an adventure.
What do I anticipate struggling with?	The language barrier, sleeping on the ground, the steep Inclines.	I know what I need to learn.
What's my plan to overcome that challenge?	Learn to use google translate, purchase a quality sleep system, train for Inclines.	I am becoming the version of myself that sees this through.

Adventure Mindset

Automatic Mindset

Circumstance: The top of the mountain

Thought: There are already people up there, there's no room for me.

Feeling: Disheartened

Action(s): Slow progress or give up, spin in comparison, lose motivation, focus on the failure of not being the first, best or only.

Result: Likely never make it to the top, but if you do, you ruin the experience for yourself

Adventure Mindset

Circumstance: The top of the mountain

Thought: I see other people up there, so there must be a way

Feeling: Inspired

Action(s): Keep going, ask for help or suggestions from others with more experience, imagine how fun it will be when you get there too.

Result: Find the way up. Enjoy the experience and allow yourself to embrace the suck.

Automatic Mindset

Circumstance: Job Interview

Thought: I'm not ready for this role

Feeling: Insecure

Action(s): Look for and focus on all the ways I'm under-qualified, feel and act nervous before and during the interview, second guess myself

Result: Prove to the interviewer and myself that I'm under-qualified

Adventure Mindset

Circumstance: Job Interview

Thought: I am afraid, but I don't want to miss this opportunity

Feeling: Determined

Action(s): Prepare for the interview, revise my resume, showcase my best work.

Result: Show up and do my best, regardless of the outcome

Adventure Mindset

What result do you want to create?

What do you need to do/stop doing to get there?

What do you need feel to drive those actions?

What do you need to think and believe to feel that way?

Adventure Mindset Tips

- Look for evidence to prove the belief
 - What evidence can you see In your life?
 - How Is It true for others? Why not you?
- Be kind to yourself. Have compassion and understanding for your brain. It's only trying to keep you safe.
- Focus on what's In your control over what's beyond your control.
- Practice. Write It down. Feel the emotion attached to the thought. Repeat.
- Measure your success against yourself, not your ideal or others.