



ADVENTURE

Today was good, Today was fun, Tomorrow is another one.

-Dr. Suess

5 Secrets to Jumpstart Adventure Into Your Life

I'd spent decades serving others and losing myself in the process. When it came time to do "me", I didn't know where to start. I knew what made my husband and children happy, but drew a blank when it came to my happiness. I wish someone would have given me this guide when I was struggling to take steps to find my JOY. It's challenging to change behavior, set boundaries and give ourselves permission to be selfish.

There will be bumps in the road, but the end results are worth it. I hope this guide will spark a desire to try something new.

I believe that adventure is life's drug free antidepressant. There's nothing better than looking forward to an experience to make you jump out of bed in the morning. Use these tips as your own personal roadmap.

It's your turn!

1. Take Mini Vacations:

Watch a movie that transports you to another time and place

Read a delicious book that keeps you up past your bedtime

Attend cultural festivals and be a tourist in your own hometown

Take a day trip to an art gallery, museum or wine tasting

Enjoy a nap and dream.

2. Learn Something New:

Take an interesting class; pole dancing, felting , decoupage,

Russian ,cartooning

Chart your family tree

Attend a lecture

Learn what made your inspirational mentors tick

Discover a new game; Dominoes, Chinese jump rope, spin the bottle

3. Experience The World:

Celebrate exotic holidays

Only eat out at foreign restaurants

Try a new spice weekly. Start with the "A's".

See a foreign film without the subtitles

Find an artist to follow who sings in a romantic language;

French , Italian, Spanish

4. Play With Your Style:

Channel a style muse when shopping or dressing. Audrey Hepburn, anyone?

Feeling drawn to a color, texture or pattern? Find a way to wear it, regardless.

Choose a red lipstick to wear in pajamas and cocktail dresses

Give your hair stylist permission to "do magic, their way" Wear an iridescent or off colored nail polish (khaki looks amazing on me)

5. Find A Tribe:

Search for a MEETUP group to join. They offer any activity imaginable.

Join a book club. Share a genre passion.

Embrace your family members. After all, sisters and cousins share your history.

Strengthen your current friendships by being a good friend

Follow a passion and join an online club ; Gardening, golfing, cooking, tennis

*Have you looked into our private Facebook Group ; MIDLIFE MASTERY/MARIA ALLYN?

<https://www.facebook.com/groups/midlifemastery/>

Adventure comes to those who step out of their comfort zone, no matter how scary. Take a risk, do something different. You won't regret it.

If you're ready to master this stage called midlife, then I invite you to schedule a complimentary mini session today and discover how you can get started.

NOW GO START AN ADVENTURE!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

With thanks to my guest, Maria Allyn



<http://mariaallyn.com/>

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