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# *Simple Ways To Awaken Your Adventurous Soul*

Tap into the Energy & Enthusiasm of Your Inner, Inquisitive Wanderer



NO. 01

## Read a New-to-You Book

Pick up a book that might challenge your assumptions, and open you up to revolutionary ideas or new perspectives. Books are gentle guides into the unknown. They are easily accessible mentors.

*//Need a recommendation- I can help!*

NO. 02

## Savor your Humanity

Welcome your weakness, celebrate your limitations, relish your wrinkles and flaws, engage your senses, listen to your desires, and take a break from trying to better yourself, at least for today.

*//Read this poem, [The Guest House](#)*





NO. 03

## Take a Tiny Risk

We applaud people's giant leaps but sustainable transformation begins behind closed doors when we decide to take tiny risks.

*// What is a small, nearly invisible, step toward a dream you could take today?*

NO. 04

## Start a Secret Journal

Give the inner you a space to run wild, bare her complex emotions, scattered thoughts, and unconventional ideas. Let the words run out of you - warm, pure, and unrefined. Don't shun anything. Show up as you are. Be a witness to your own evolution.

*// Make it a practice: morning pages or just take 5 minutes to let your mind wander over the page today.*





NO. 05

## Don't Wait For the Perfect Time

Decide today to cross over the threshold, instead of holding back. Choose to move forward despite the chaos of life, without knowing all the details, or having every qualification you think you need.

//Book: *The Practice: Shipping Creative Work* by Seth Godin

NO. 06

## Scrap the To-Do List for a Day

Sometimes our plans stifle our creativity. Let yourself be surprised by what might unfold as you accept what comes your way with joy and curiosity.

Unhook yourself, even if for a day, to results and the productivity mindset.

//Forbes Article: *Why Boredom Can Be Good For Your Brain*





NO. 07

## Talk to a "stranger" today

Ask a question, talk about the weather, give them a compliment... make it easy. Although quick, these in-passing conversations can often inspire us and lead us down unsuspecting paths in our day. Studies also show talking to strangers makes us happier and leads to more connection in our communities.

// Atlantic article: *Surprising Benefits of Talking to Strangers*

NO. 08

## Make a Vision Board

Take 1 hour, gather a pile of old magazines, scissors, and a piece of paper. *Don't overcomplicate it.* Cut out catchy words and images that speak to you and who you are becoming, discover your core values, and find inspiration for your specific season.

// Favorite Manifestation Podcast: *Dream Your Life*





NO. 09

## Travel a Different Route

Drive or bike home another way, hike a new trail, take the backroads, turn left instead of right, try to get lost on your walk or run. Intentional detours open our eyes to the beauty around us and help us to break out of stale ruts in our thinking.

*//Bring along your camera and snap photos along the way of what's catching your attention.*

NO. 10

## Try a New Hobby

*What's a hobby or craft you've always wanted to try?* Sign up for a local pottery, watercolor, or yoga class, or start learning a language. Try it once and see how it feels.

Whatever you decide make sure it is genuinely fun and energizing for you, not another activity you are adding to your busy schedule.

*//Check out [Udemy](#) for some ideas!*





## Explore *Your* Life.

I hope at least one of these activities leads you to some much-needed revelations and exposes you to the shimmering possibilities all within arms reach! Whatever interesting ideas are brewing in your heart, whatever side projects you're working on, whatever silly dreams are swirling inside you, wherever you find yourself today- consider this your reminder to find your own path instead of following everyone else.

Traveling with you,

*Charissa*

PS: Have you checked out my *free re-enchantment sessions*?

I hold space for you to share where you're lacking energy or lost your magic, the ways you're feeling stuck, confused, or discouraged. You will experience the transformative power of a listening ear and feel lighter & more creative after just one session! Then, I will craft a heartfelt letter *just for you* with some poetic and practical inspiration and invitations to move you forward into the possibilities of your unconventional path!

WANT MORE INSPIRATION AND FUEL FOR YOUR ADVENTURES?

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