An Adventure Every Day:
How to Live an Adventurous Life

By Heather E. Wilson
Hello! Thank you for gaining instant access to my free report, “An Adventure Every Day: How to Live a Life of Adventure.” This report is something I’ve wanted to share for quite a while.

Discovering how to live a life filled with adventure was a significant turning point in my business and my life. It opened the doors to a whole new way of living that has allowed me the freedom to live life on my own terms. I am blessed to be able to express and profit from my passions and I want to show YOU how to do the same so you can live a life filled with fun, joy, and fulfillment. You can have a life with meaning, passion, and adventure.

In this report, I’m going to share my five EASY ways to add fun and adventure to your life immediately. If you do even just one of these, your life will improve drastically and you’ll have so much fun, you won’t ever want to go back to the way things were before.

My name is Heather E. Wilson. I am the founder and CEO of Heather Wilson International (heatherwilsoninternational.com). My company is devoted to helping women unleash their passions and live a harmonious life filled with fun and adventure so that they can be the change they want to see in the world. I have a multitude of ways that I serve my clients and support you in finding your sense of adventure. My primary tool for doing this is immersion adventure coaching, a combination of live experiences (adventures) with instant, in-the-moment coaching. I call it Travel that Transforms.

“The biggest adventure you can take is to live the life of your dreams.” ~Oprah Winfrey
“Adventures is worthwhile in itself.” ~ Amelia Earhart

Is it possible to live a life of adventure every day? Yes, yes it is.

Let’s start with defining Adventure.

While there are many definitions of adventure, for the most part, it means:

- the exploration of unknown territory
- an exciting or very unusual experience with an uncertain outcome
- to take a risk

In my opinion it is a combination of all three.

**Adventure is exploring unknown territory by having an exciting or unusual experience with an uncertain outcome and comes with a certain element of risk.**

Perhaps you have always believed that having an adventure meant planning some big event that meant you had to leave home to accomplish. Perhaps it seems too much effort or too scary to plan an adventure. Perhaps you believe you are not the ‘adventurous type’. I beg to differ. EVERYONE can be adventurous.
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**Adventure Is a Life Philosophy; a Way of Living Not Just an Event.**

What if you approached life with a sense of adventure? What if every day you could have an exciting experience that had an uncertain outcome? How would that change your life?

Adventure means getting out of your comfort zone. It means trying new things; stretching and growing spiritually, mentally, and physically.

We are all here on this Earth at this time in history for a reason. That reason is to **LIVE your life as best you possibly can**. There is only one YOU. There will only EVER in all time and space be one YOU! It’s your purpose to live your best life, now and always.

If you were truly being you, who would you be? Would you be living a boring, stagnant, comfortable life? Or would you be living your passions, having fun and adventure every day —exploring and having experiences that help you grow and serve others?

Living an adventurous life means exploring the unknown, creating exciting experiences, and adding some element risk to your daily life.

Ok, so how do you do that? In this report, I give you five super easy ways to get started immediately. There are, of course, many more methods but this will get you started today.

**1. Play**

**There is no faster way to have an adventure than play.** Play is fun. When we think of the word fun we often associate it with Play. Is play just for children? Absolutely NOT! Everyone should play. In fact, everyone needs to play.
The process of learning to play depends on what you already like. Begin by being aware of what you already do that borders on fun or playful. For example, do you like:

- Telling or listening to jokes
- Watching funny movies or TV shows
- Dancing around to cheesy music when you’re alone (or with others)
- Singing in the shower
- Daydreaming
- Reading the comics
- Jumping on the bed
- Creative outlets like painting, drawing, writing, playing an instrument (notice it’s called PLAYING), singing, etc.

After you figure out things you already enjoy, try to add more playful activities into your life. If you aren’t sure, just keep trying new things until you find something that works for you. The important thing is to find enjoyable activities that loosen you up and help you embrace your playful side with or without other people.

Be crazy, be silly and if people are looking at you strangely then you know you are doing it right.

**2. Put a new twist on the same old thing**

When you think of adventure, do you think only of BIG adventures like traveling to far away destinations or crazy things like bungee
jumping? While going on trips is super fun and definitely an adventure, most of us only have the time or money to go on one or two trips a year (or maybe every few years). Does that mean you have to wait for adventure until you travel? NO WAY! You can have an adventure every day, right here at home. It's all comes down to how you look at things.

Have you ever had to take a different route home for whatever reason and then found a cool little restaurant or shop that you never knew existed? Or maybe on your daily run or walk, you changed your path and saw some amazing scenery that you never saw before. Those are adventures. That is how you put a new twist on the same old thing.

Take things you normally do and see and change it up. Come into your house through your window instead of your front door. Take the long road home. Get lost on purpose. Study the kama sutra. Cook an exotic meal. Wear something totally out of character. Go to a movie in your high school prom dress. Learn a new language and whisper sweet nothings into the ear of your loved one.
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Whatever it is that you're doing, ask yourself: "How can I do this differently?" Even something as mundane as brushing your teeth can take on a whole new level of fun when you practice a tap dancing routine or belly dance at the same time!

Putting a new twist on things you normally do is an easy and fast method that gives you an adventure every day.

3. Conquer your fears.

You come this way once. You can either tiptoe through life and hope you get to death without being too badly bruised or you can live a full-out-awesome, complete life achieving your goals, having tons of adventure, and realizing your wildest dreams.

As you move forward on your journey towards a more adventurous life, you are going to have to confront your fears. Fear is natural. Whenever you start a new project or put yourself out there, there is usually fear. Unfortunately, most of us let fear stop us from taking the necessary steps to achieve our dreams.

Adventurous people on the other hand feel the fear along with the rest of us but don’t let it keep them from doing anything they want to do or have to do. They understand that fear is something to be acknowledged, experienced, and taken along for the ride. They have learned as Susan Jeffers suggests to “feel the fear and do it anyway”. She has an awesome book. I highly recommend you read it.
Once you overcome your fear, that'll open the door to a whole new set of adventures. Whether it's heights, public speaking, karaoke, your mother-in-law...face it.

Be willing to take a chance – a leap of faith— even when you are afraid. If you don’t, opportunities and adventure (and ultimately life) will pass you by. Trust your intuition and go for it.

4. Make a bucket list (Try new things)

Do you have a ‘Bucket List’? A list of all the things you want to do, be, and have before you ‘kick the bucket’? Usually when I ask people what is on their bucket list, they either don’t have one or its super vague. The odd person might have a few places they’d like to visit or a specific thing like go skydiving. But for the most part, the average person doesn’t seem to write down their dreams. Why is that? We all have dreams of things we want to do and be and have. It is perfectly normal. Without dreams, life is pretty boring and mundane.

I have a running Bucket list with 101 items listed on it. When I check something off, I add something new.

The dreaming and the writing are important. Most people don’t take the time to write a bucket list because they are afraid to dream. If you dream it, then it must be possible. But it seems so far away and difficult that you say to yourself it’s impossible. I am here to tell you NOTHING IS IMPOSSIBLE! You have no idea what opportunities might come your way on any given day. Dream and dream big. Write it
down. Write every single wish, dream, and desire you have whether it’s taking a yoga class, planting a garden, or doing a world tour. Write it down.

OK now that you’ve written them down, it’s time to start checking things off. You can start with a specific item on your list or you can just be on the lookout for new things to do. Always be trying new things. That will give you an instant adventure.

5. **Live In the moment.**

Being present is what you experience when you are completely focused on this very moment right now. You are calm. Your mind is clear. You are decisive. You know what you want. You know what’s right for you. You are your best self.

Focusing on what you are doing now is the best way to improve your future and lead a more adventurous life. Being present basically means losing yourself in whatever you’re doing — reaching that magical zone where you totally forget about the outside world and are completely into doing what you’re doing, whether that’s writing, washing dishes, listening to your partner, or whatever.

Being present happens in an instant. So does not being present. A negative thought or event triggers emotions based on past pains or future fears. It happens in an instant and is highly dependent on the quality of your boundaries.
The key to being in the present is to stop comparing! Stop comparing the present to what you think should be happening or what you think you should be doing or who you think you should be. The result of this is judgment and criticism. You judge situations, people, and yourself. Judgments make it really difficult to be present. Your mind becomes so caught up with thoughts that replay and analyze the past or role-play “what if” the future. You live in the past to play the victim and lick your wounds or you live in the future because you don’t really trust that you’ll be okay unless you are in total control.

Did you know that the definition of eternity is the present moment? It has never NOT been the present moment—the only time that is real is now. The past and future are merely ideas in our mind. No one can do anything real in the past or future—at least not yet. Only the present. It may seem a difficult thing to wrap your brain around but it’s merely a logical fact.

There’s no single method that will get you better at being present. I don’t have a magical formula or pill to get you there. However, I do have one word that I often tell my kids when they’re learning anything new: practice.

I guarantee you won’t be good at it at first. Your mind will wander, or you’ll do a lot of thinking about what you’re thinking, and whether you’re thinking it the right way, and whether there is a right way ... etc. etc., until guess what? you’re no longer in the present. That’s completely normal. We all do that, I do that.

Don’t beat yourself up. Don’t get discouraged. Just practice.

You’ll get better too. I promise. Make focusing on being present a habit. If you make it your focus, I guarantee you’ll get better at it. Try it for 30 days. It’s the best method for forming new habits.
Here are a few tips on being present. Pick and choose the ones that you think will work best for you:

1. **When you eat, just eat.** The best way to think about being present is this: do just one thing at a time. When you are eating, don’t read or think about something else or iron your clothes (especially if you’re eating spaghetti). Just eat. Pay attention to what you’re eating. Really experience it — the taste, the texture. Do it slowly. Same thing with anything else: washing dishes, taking a shower, driving, working, playing. Don’t do multiple things at once—just do what you’re doing now, and nothing else.

2. **Be aware.** Another important step is to become more aware of your thoughts. You will inevitably think about the past and future. That’s OK. Just become aware of those thoughts. Awareness will bring change.
3. **Be gentle.** If you think about the past or future, do not beat yourself up about it! Don’t try to force those thoughts out of your head. Just be aware of them, and gently allow them to leave. Then bring yourself back to the present.

4. **Sit. Simply sit.** It’s a form of meditation, but really it’s just sitting. You don’t have to contemplate the meaning of the universe or chant anything. Just sit, and focus on sitting. Try it for a minute to start and then add more time as you get better.

5. **Exercise.** When you exercise, whether it running, swimming, or being at the gym, try to do only that. Focus on your breathing, on your body, on nothing but the present. It’s great practice.

6. **Put up reminders.** A reminder on your fridge, by your computer, or on your wall is a good thing. Practice practice practice being present. If you learn nothing else in this report, this one skill could literally change your life dramatically.

So there you have it: five easy ways to live an adventurous life every day. Use just one of these methods and you will most certainly add more fun and adventure to your life. Use two or more, and you will have more fun and adventure than you ever thought possible—every single day!

Stuck in this area and need some help? For more information on my programs and events, please visit: [heatherwilsoninternational.com](http://heatherwilsoninternational.com)
Heather E. Wilson - BIO

Heather E. Wilson is an award winning Women’s Adventure Coach, international motivational speaker, and an author all rolled into one dynamic package! It’s her passion to help women take charge of their lives, be the best they can be, and truly live a life of adventure.

Heather is a mother of two; she LOVES shoes; her favourite drink is a Cosmo; she is always on the lookout for an adventure and she’ll try just about anything once (though she is afraid of heights and swimming in deep water, that doesn’t stop her). She enthusiastically leads by example and women love to join her on adventures, wherever they may lead.

She is the author of the book Your Life According to You! and it’s her personal mission to inspire and teach women how to take control of their lives and learn to have fun again.