**Adventure Beckons**

**The Path to Your New Mental, Spiritual and Fitness Future**

**Osher Lifelong Learning Institute – George Mason University**

**Volunteer Instructors: Anne Drissel and David Lloyd**

**Summary of Day 1 – September 26, 2016**

**Today we focused on concepts and our experiences living the Adventurers’ Life**

* **We have plenty of time (30+ Years)**
* **We have lots of company in this stage of our life**
* **We have necessary resources**
* **We need**
	+ **Strong bodies (strength, stability, stamina)**
	+ **Good mental functioning**
	+ **Spiritual depth and breadth**
* **Sense of Adventure is key**
* **Determination and Commitment**
* **We must watch – listen – observe to notice what Adventures Beckon**

**Key Disciplines for a Full Life Adventuring**

* **Constant learning**
* **Maintaining and upgrading tool kits**
* **Finding and studying with the best teachers, mentors**
* **Finding my “Tribe” – expanding circle of friends**
* **Committing to daily practice – get organized; stay organized; DO**
* **Continually monitoring progress (“How am I doing?” “What needs changing?”**
* **Commitment to mastery**
* **Ongoing maintenance and upgrade of goals and skills**
* **Response to serendipity→ “now what!” Seize opportunities**
* **Life can be a risky experience and it is always fatal !**
* **But if you don't keep pushing there it is certain you'll never make it to the top!**
* **So just do whatever is possible to move in that direction!**
* **Plan. Prepare. Do your homework. Practice. Pack your bag.**
	+ Exercise appropriate caution*: Listen to the doctors! Listen to your “inner counsel”*

**If you have questions before next week you can contact:**

* **Anne Drissel:** **drisselab@gmail.com**

**Or**

* **Dave Lloyd:** **dalloyd11@Verizon.net**

**Your Assignment for Next Week: Develop a Next Phase Life Plan**

1. **Take a look at where you are now and where you dream of going. Write your thoughts on:**
	* + **What do I want? Need? Desire? Wish for?**
		+ **What do I want to get rid of?**
		+ **What are my dreams regarding my future?**
		+ **What do I wish I had done that isn’t yet done?**
2. **Figure out what it would take you to fulfill these dreams (This is your “Project Plan”). Ask…**
	* + **What resources, expertise, practices will I need to fulfill my dreams?**
		+ **What steps could I start taking now to fulfill these dreams?**
		+ **What actions could I complete within a month to fulfill these dreams?**
		+ **What actions this week? Today? Right now!**
		+ **How close will I be towards fulfilling those dreams -- in 3 months? 6 months? A year? 5 years? 30 years?!**
		+ **And then what else might I try?**

***BRING THIS NEXT WEEK and be prepared to share it***

 **About Next Week**

**It’s your turn to actively share …**

* **Participants will be invited to contribute your personal life plans and experiences into the discussion**
* **We will deepen the discussion of skills for sustaining an active Adventurer Life**

**In Week 2 come prepared to share! Don’t be shy!**

*(Note from Anne: It’s a large group and we only have 90 minutes, so hopefully folks can come prepared with a “short Elevator Speech” sharing! We’ll try to include as many as possible but realistically not everyone will get to share. Come prepared. We’ll ask for volunteers but we might pick a few folks randomly just to give the reticent ones a chance. )*