

# Adventure Beckons

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

Osher Lifelong Learning Institute – George Mason University  
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### 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](mailto:drisselab@gmail.com)

Or

- Dave Lloyd: [dalloyd11@Verizon.net](mailto: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. )*