

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

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.)