



TOP 10 WAYS TO LIVE A LIFE OF ADVENTURE



So long status quo

- 1. Make a dream list.** What do you want to do? Where do you want to go? How do you want to grow? Who do you want to meet? Who can you help? What do you want to change? Where do you want to work? Who do you want to become friends with? What do you want to learn? What makes you angry? Where can you make a difference? How can you change the world, starting in your own backyard? Grab a pen, and start dreaming of adventures. Write them down. Quick.
- 2. Hang out with an adventurer.** Do you know someone who has an adventurous nature? Spend some time with them. Adventurers love to lead others into uncharted territory. And, adventures are best when shared with someone likeminded. Now ... who do you know that has a thirst for adventure? Send them an e-mail with this: "I'm ready for an adventure. What comes to mind?"
- 3. Be a child.** When you were five years old, adventure came naturally. What did you love doing at that age? Yes, this may mean you'll have to get in the sandbox, climb into a swing, hang from the monkey bars, or roll down a grassy hill. If the weather won't cooperate, play with clay, paint a picture, or dance with your teddy bear. It's time to put on your play clothes. Go play.
- 4. Into the wild.** There's something about the wilderness that makes us come alive. Feel the tension leave your body with each breath of the whispering breeze. Let the sun caress your shoulders and unknot your neck. Listen to the leaves rustle and the birds sing their wild hymns. Enjoy the untamed beauty of God revealed in rock, tree, and brook. The wild is right outside your front door. Lace up your sneakers and go for a walk.
- 5. Declutter.** It's hard to live an adventurous life when you're weighed down by stuff. Isn't it time to make some space? Are you ready to free up your house, your room, your garage, your mind, and your spirit from the stuff that's been hanging around way too long? Stir up the dust and let in the light. Give yourself some room to breathe. Give stuff away. Sell it. Donate it. Freecycle it. Put it on the curb with a free sign.
- 6. Refine your body.** If you're just too tired for adventure, your body might need some careful attention. Is it used to eating soy beans and strawberries? Or Cheetos and Oreos? Is it ready to hike up a rugged trail? Or will it yearn for the comfy couch? Your body needs a tune-up so it will be ready to go ... when you are. Ignore it? It just might let you down. Work that body!

Susy Flory is a writer, speaker, and journalist who inspires and challenges people to embrace a life of passion, boldness, and adventure. The author of four books, including *Thunder Dog: The True Story of a Blind Man, His Guide Dog, and the Triumph of Trust at Ground Zero* (Thomas Nelson, 2011), Susy lives in the San Francisco Bay Area with her husband and two kids. Visit Susy at www.susyflory.com.

7. Slough off the past.

Have you ever let your purse get so full that you can barely haul it around? Makeup, camera, books, billfold, water bottle, kids' toys ... it weighs a ton. Pretty soon your shoulder aches, you're tired, and it's all because of that packed-to-the-brim purse. Emotional baggage weighs us down, too. Disappointment, anger, bitterness, unconfessed sin, conflict, guilt; it makes you ache and keeps you exhausted. On a piece of paper, write out a list of past problems still weighing you down. Pray over each one. Deal with it. Cross it off the list. And move forward.

8. Face your fears.

Fear can be your best friend, keeping you from doing crazy things. But it can also be your enemy, keeping you from experiencing your best life. Know this: fear doesn't go away. If you choose to face your fears and choose adventure, you will still have fear. So wouldn't you rather choose adventure? There are 366 "fear not" verses in the Bible; one for every day of the year, plus one. Does God know us or what? Write out some Fear Not verses and carry them with you to read, memorize, and meditate on. Use them to keep fear in its place.

9. Help someone.

Living in a Cell Phone-iPhone-Facebook-Twitter-Blackberry-Bluetooth-Blog-kind of world means that life is busy and fast-paced and always connected. Social network connections are fun and full and yet ... kind of shallow. The most satisfying relationships still happen the old-fashioned way: face to face and in person. Here's the big fat secret to connecting with and helping others: Just. Show. Up.

10. Ask God to use you.

The greatest adventure you can ever have is being part of what God is doing around the world. The Creator God who wove the stars into the heavens and knitted DNA into our very cells is still at work, weaving and knitting our lives into a living tapestry of dreams, hopes, passion, love, purpose, redemption, and adventure. God is at work all around us. With three simple words, you can join Him: "God, use me." Then wait. You won't believe what happens next.

"I am a little pencil in the hand of a writing God
who is sending a love letter to the world."
(Mother Teresa)