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Life is meant to be an exciting adventure. My life is exciting and interesting because I engage with the world.

My curiosity and courage allow me to have a full and rich life. This is the advantage of engaging with the world.

Others live inside their own heads. I choose to fully connect with reality. I love that life and its purpose are mysteries. ***I am adventurous, which makes my life fascinating and fulfilling.***

I look forward to the chance to see and experience new things. ***I embrace the opportunity to be an explorer every day.*** I investigate every facet of life with a sense of awe.

When life seems boring and mundane, I remember all the fascinating things I have experienced in the past.

My experiences are only limited by my willingness to be uncomfortable. When faced with feelings of discomfort, I relax and

gently push forward. ***I experience many incredible things because of my willingness to move ahead.*** Avoiding these situations makes life less meaningful.

Today, I choose to fully engage with the world. I want to be more adventurous and stretch myself further. My life is becoming more interesting and more of an adventure. I face the world with determination and a smile.

Self-Reflection Questions:

1. Do I attempt to escape reality? How can I reconnect and find adventure in it?
2. In what ways could I make my life better by being more adventurous and brave?
3. What are the ramifications if I lack a bold and adventurous spirit?