

LIVE *joy* SHARE *joy*

Special Guest *Polly Scotland*

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JOY AND THE ADVENTURER

How do you define ADVENTURE?

Reflect on an adventure that you've done in your lifetime. What made it an adventure? What are your greatest memories of the adventure? What were the most important things you learned from this adventure?

What adventure would you like to do in the future? Write it down. Set a goal date for the adventure. What is one thing you can do now to start planning for this adventure?

Find a way to keep the adventure alive as you plan for it:
Cut out pictures and put them up
Make a screen saver on your phone or computer
Watch a movie about the location
Listen to music from that area of the world.



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