



There are a few things that I know to be true. You and I have the same amount of minutes in this day. The difference is how we are going to spend them. In this manifesto, I will unveil the one lifehack that the gurus don't tell you. If you are ready to recharge, reinvent, enhance, and live your best life, you are in the right place!

I'm not going to string you along with multiple pages and thousands of words before telling you the best lifehack yet. By adding this one ingredient to your life, you can take your life to the next level, Life 2.0. What's great about this lifehack is that you have control and choice about when, where, what, with whom, and how you do it. This completely customizable lifehack is injecting doses of a powerful life tool. *This lifehack is to head for adventure.*

Let Me Explain this Adventure Manifesto!



You may love the idea of adventure, but there are others that will tuck tail and run from the mere mention of it; however, I want to debunk the myth that you must be an adrenaline junkie and willing to jump out of a plane to embrace adventure. I define adventure in this broader sense:

Ad-ven-ture /ad'ven(t)SHər/: *any new activity that is all consuming, perhaps fearful, that puts you in the zone. It can be physical, mental, emotional, and/or a combination of all three.*

Why Adventure?

By attempting something that is new and a little scary, like learning a new sport, going on a date, or traveling to a new place, you become more focused, turning off the mind chatter and putting yourself in the zone. Your senses are heightened; thus, noticing your surroundings. Perhaps your heart races,

cheeks become flushed, and your palms sweat. In fact, you receive an increase in energy. This is no coincidence. Your body is on high alert. By adding adventure, you are eliciting your Fight or Flight response. That energy is adrenaline meant to keep you alive, focused on task, and letting everything else go, including bodily and cognitive functions that aren't necessary, including multi-tasking, to-do lists, worrying, and other non-sense.



The clarity and fell-good outcome of adventures, both big and small, are similar to yoga, walking labyrinths, gardening, and other more traditional forms of meditation. That's why I believe and have written in many published works as well as books that, *"Adventure is my meditation."*



There are beneficial side effects of adventure. By frequently adding new activities that challenge you to overcome nerves or fears, you become better at handling life's curveballs. You can be better and faster at focusing and shifting your mindset when you get unexpected and unfortunate news. There is no good time to get fired or receive an unfavorable diagnosis at the doctor's office, but these life events will happen and not when it's convenient.

It's Best to Be Prepared.

Just like at the gym, when you workout a particular muscle, it gets stronger with time. Eventually, you need to lift more or switch up your exercise because you are stronger. This same effect happens with adventure. You become a master of the ebb and flow of change and how to tap into the power of perspective

to focus. You may have to challenge yourself with larger, bolder adventures.

Adventure Proven

Now more than ever, where people are in a 24/7 hustle and bustle, we need to inject frequent adventures to our lives not only to live our best life, but also to evolve. Darwin's Law of Natural Selection states that species that do not adapt to change and evolve die. We are not exempt to this law. This may scare some of you. Change is not your thing. In fact, you do everything to avoid it.

Doing the same things & expecting different results

I'm sure you've heard this quote from Albert Einstein that doing the same thing over and over again and expecting different results is his definition of insanity. Are you doing the same things and expecting different results? I'm willing to bet that all of you have experienced this moment of insanity with mundane routines.

Has this happened to you?

Have you ever arrived at work or perhaps home after errands and you didn't remember driving to either? Perhaps you woke up on Friday and wondered where the week went? This is a sad, but a very true reality. Most of us have routines and after a while run our lives on autopilot, not noticing the drive to work or limitless beauty around us. We are juggling thoughts and to-dos lists in our heads instead of paying attention to the road, the people around us, or taking a moment to smell the roses.



The Time is NOW for Your Best Life, Life 2.0

You and I have the same amount of minutes in this day. The difference is how we are going to spend them. I encourage you to take this lifehack seriously. There are no excuses. You can add adventure to your life close to home, for little to no cost, and in a matter of minutes. Try spending a night in a tent in your backyard or going to work on the bus, train, or walking instead of driving. Maybe you go to a new networking event or plan frequent trips to new states or countries. Little changes over time make big results. Embrace adventure and reap the healthy benefits of this Life 2.0.

Take the Adventure Manifesto challenge!

What's your next adventure?