

Good morning and happy Monday team!

I hope you all had a great, long weekend. Hopefully, there was time for self-care in four cold snow days. I watched many kids go sledding down the hill next to my house. As you can imagine, the sleds were going insanely fast because of the solid sheet of ice. For these kids, this was self-care. However, it was also **adventurous**.

For most of us, our days can become somewhat monotonous. We get stuck in our routines. I love my routine and it works for me. However, **adventure can help create inspirations**.

Here are some reasons why adventure is important (from Danielle Bernock):

1. Adventure Practices Presence – On a rock, a road, or on a trail, you must watch what you are doing. **Mindfulness** is being present and one of the most effective means of self-care.
2. Adventure is Exercise – Most adventures require some exertion or balance, chasing or running from something, pushing, or pulling, climbing, or jumping.
3. Adventure Awakens Your Inner Child
4. Adventure is A Great Way to Connect with Nature – Connecting with nature incorporates many aspects of self-care, including stress-reduction, **breathing** clean air and **grounding**.
5. Adventure Strengthens Resilience – Getting out of your comfort zone and pushing through when you are ready to quit builds resilience, which is so **vital to our happiness** and well-being.

This Week's Invitation:

- Make time for adventure
- Choose your adventure
- Pick your company
- Do your homework
- Commit
- Remember

"Only those who risk going too far can possibly find out how far they can go."

- T. S. Eliot

Peace,

Maggie