

Want more help from me directly?

Join our community

ADVENTURE CHEAT SHEET

The Adventure Ladder

Kill "nothing much." Do one new thing this week so you finally have something to talk about.

STEP 1 | START HERE

Watch my quick walkthrough first

Loom video link

Boring life, boring conversations

Home, school or work, the screen, on repeat. It feels safe, but it shrinks every year. Think of a video game map: the fog only clears where you've walked. Climb one rung at a time, same as the gym.

L1

Eat somewhere new, by yourself

Order, sit, and stay for the whole meal. No phone for the first 10 minutes.

L3

Try a class, gym session, or club you've never done

Climbing, a pickup game, a free workshop at the library. Anything new with people in it.

L5

Say yes to the next invite, no excuses

Not "I'm tired." Not "maybe next time." Just yes.

L10

Solo day trip somewhere you've never been

Pick a town, a trail, or a city an hour away. Go alone and talk to one local.

Nervous? Nobody's watching you as hard as you think. Box breath before you walk in, then go.

If it's not in your calendar, it's not happening

Pick a Level 1 to 3 adventure for this week. Fill this in and put it in your calendar before you close this PDF.

Level

My adventure

Day and time

Solo, or who I'm bringing

☐

It's in my calendar right now

After: turn it into a story

Write 3 lines the same day. Now you have an answer the next time someone asks what you've been up to.

What happened

How it felt

What surprised me

☐

I told the story to someone

☐

I posted it in the community

2-week tracker: 4 adventures, 4 stories

☐

Adventure 1

☐

Adventure 2

☐

Adventure 3

☐

Adventure 4

Want me to pick your next level and tell you exactly what to try?

Get more help inside our community

Join now