# Explorer Lifestyle Plan

## 7-Day Explorer Challenge

Day 1 - Walk a street you've never walked before.  
Day 2 - Try a new cafe and strike up a chat.  
Day 3 - Join a local group or class you've never considered.  
Day 4 - Watch a foreign film or read a travel article from a country you know little about.  
Day 5 - Take public transport to the last stop and explore.  
Day 6 - Pack a small bag and do a 'mini trip' to a new suburb or park.  
Day 7 - Reflect in a journal: What surprised me this week? What felt energising?

## Daily Energy Prompts

- What small adventure can I take today?  
- Where can I shift my perspective - literally or mentally?  
- What movement feels good to me today?  
- Who or what inspired me recently?  
- What am I curious about right now?

## Explorer's Journal Template

Date:  
Location:  
What I did:  
What I noticed:  
How I felt:  
What I'd like to try next: