

Explorer Lifestyle Plan

Welcome, Explorer! You're driven by curiosity, adventure, and discovery. Your second act is about embracing novelty, expanding horizons, and saying yes to what excites you.

Weekly Challenges:

- Try a new hobby you've never considered - even if you're bad at it!
- Visit a nearby town you've never explored and document your experience.
- Take a different walking path every day for a week and jot what you notice.

Mindset Focus:

Openness to surprise and embracing uncertainty.

Daily Energisers:

Start each morning with a 10-minute creative spark session - sketch, write, or plan a mini outing.

Connection Tip:

Join a group that meets around your interests - like travel, languages, or spontaneous meetups.

Purpose Builder:

Build a 'Curiosity Map': A list of things that make you feel alive. Aim to try one each week.

Call to Action:

Join the Life Minus Work community and discover other Explorers like you - life's more exciting when shared.

