

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: