

The Family Adventure Pack™

*A simple way to slow down and have more fun with your family.
Everything is practical and made to fit real life – enjoy!*

What's The Family Adventure Pack™?

The Family Adventure Pack is three simple activities from the Striving Satisfied Family Hub™ that your family can use to slow down and enjoy life more together.

Each activity focuses on adding more fun and adventure into your family life—without over planning or overcomplicating things.

You don't have to change your whole life or do anything extreme — simply create experiences that actually fit your family, your season, and the life you want to live.

Why it Matters

Most families don't lack ideas—they lack a way to hold everything together.

Life fills up quickly with work, school, and responsibilities, and fun often becomes an afterthought.

The Family Adventure Pack gives you a clear place to capture what matters and a simple path to actually live it out, one step at a time.



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The Three Activities in The Family Adventure Pack™:

1. Your Family Bucket List
2. Your Seasonal Experiences
3. Your Adventure Map

Each of them have 3 pages:

- Page 1 = What It Is & Why It Matters
- Page 2 = Simple Instructions
- Page 3 = The Fillable PDF (I suggest printing)

Family Bucket List Activity

A simple way to capture the experiences you want to have together —
and actually make them happen.

Live life on purpose — one simple step at a time.

What's a Family Bucket List?

A Family Bucket List is a simple, one-page worksheet where you can write down the experiences you want to enjoy — individually, as a couple, or as a family.

It can include big adventures, like taking a special anniversary trip, or smaller goals, like trying out a new hobby with your kids.

It's a place to capture all the things you want to do, try, and experience together so they don't get lost in the busyness of everyday life.

Why it Matters

We all talk about things we'd love to do "someday," but without a plan, those ideas tend to fade as schedules fill up and seasons change.

Before you know it, the timing no longer works — work gets busy, the kids are too young or too old, and opportunities slip by.

Having a dedicated place to write your ideas keeps those dreams front and center, helping you be intentional about creating experiences that truly matter while you still can.



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How to Create: Your Family Bucket List

Before you begin, decide how you'll create it:

As a Couple: You'll create this together with your spouse (instructions below).

As an Individual: You'll create this on your own (instructions below).

Important Note: Printing is recommended. If you choose to create it digitally, save the file to your device so your entries aren't lost.

Creating Your Family Bucket List As a Couple

STEP 1: Get three copies (printed or digital) of this activity — Each of you will create your own Family Bucket List first, then use the third copy for Step 4 where you share what you wrote down and combine your two lists together.

STEP 2: “Do the math” to figure out how many years you and your spouse have until you turn 80, and how many years each of your children have before they turn 18.

STEP 3: Use the four boxes: Person 1, Person 2 (As Individuals), As a Couple, and as Family to start a list of experiences you want to have — big or small — it's a bucket list, write down anything you think of.

STEP 4: Share and combine what you each wrote, discuss your ideas, and merge them into one final version you'll keep and reference.

STEP 5: After creating your Family Bucket List, keep your final version somewhere it's easy to access and update.

Reference your Family Bucket List when creating your Adventure Map.

(The next step is to create your Seasonal Experiences Guide.)

Creating Your Family Bucket List As an Individual

Get one copy (printed or digital) of this activity then follow Steps 2, 3, and 5.

Your Family Bucket List

DO THE MATH					
For You & Your Spouse			For Each of Your Children		
80	Current Age	Years Until 80	18	Current Age	Years Until 18
80			18		
			18		
80			18		
			18		
AS AN INDIVIDUAL					
P1:			P2:		
AS A COUPLE			AS A FAMILY		

Seasonal Experiences Activity

A simple way to slow down and enjoy each season more with your family.

Live life on purpose — one simple step at a time.

What are Seasonal Experiences?

Seasonal Experiences are simply experiences or traditions you enjoy—or want to try—during a specific time of year.

They can be simple things at or close to home, or bigger experiences you look forward to each season.

For example; apple picking in the fall — or a vacation somewhere warm during the winter.

Why They Matter

It's easy to spend months waiting for your favorite season and rushing through the rest.

When you do that, half the year feels like something to get through instead of enjoy.

Planning seasonal experiences helps you stay present and gives you something to look forward to during each part of the year



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How to Create: Your Seasonal Experiences Guide

Before you begin, decide how you'll create it:

As a Couple: You'll create this together with your spouse (instructions below).

As an Individual: You'll create this on your own (instructions below).

Important Note: Printing is recommended. If you choose to create it digitally, save the file to your device so your entries aren't lost.

Creating Your Seasonal Experiences Guide As a Couple

STEP 1: Get three copies (printed or digital) of this activity — Each of you will create your own Seasonal Experiences Guide first, then use the third copy for Step 3..

STEP 2: Each of you create your own Seasonal Experiences Guide first — Start by listing the things you enjoy doing or want to try doing during each season in the three categories: As an Individual, As a Couple, and As a Family.

STEP 3: Share and combine what you each wrote down, discuss your ideas, and merge them into one final version you'll keep and reference.

STEP 4: After creating your Seasonal Experiences Guide, keep your final version somewhere it's easy to access and update.

Reference your Seasonal Experiences Guide when creating your Adventure Map.

(The next step is to create your Adventure Map.)

Creating Your Seasonal Experiences Guide As an Individual

Get one copy (printed or digital) of this activity then follow Steps 2 and 4 by yourself.

Your Seasonal Experiences Guide

Season	As an Individual		As a Couple	As a Family
Fall	P1:			
	P2:			
Winter	P1:			
	P2:			
Spring	P1:			
	P2:			
Summer	P1:			
	P2:			

Adventure Map Activity

A simple way to have more fun with your family all year long.

Live life on purpose — one simple step at a time.

What's an Adventure Map?

An Adventure Map is a one-page worksheet where you map out the adventures you want to enjoy throughout the year.

It's organized by month so you can decide what you want to do—and when—before life fills the space for you.

This is where ideas from your Family Bucket List and Seasonal Experiences start turning into real plans.

Why it Matters

It's easy to say you want to have more fun with your family, but harder to make time for it.

The Adventure Map helps you spread experiences across the year instead of cramming them in—or skipping them entirely.

By giving adventure a place on the map, it becomes part of your life instead of something you hope happens someday.



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How to Create: Your Adventure Map

Important Note: Whether you're creating this with your spouse or by yourself — the steps to complete your Adventure Map are the same.

Creating Your Adventure Map

STEP 1: Get one copy (printed or digital) of this activity — That's all you'll need!

STEP 2: Fill in the year for each month — If it's currently April 2026, the months that have already passed (January, February, March, and April) should be labeled 2027 — and the months that haven't happened yet (May through December) should be labeled 2026.

This keeps the Adventure Map usable year-round, no matter when you start.

STEP 3: Pull ideas from your Family Bucket List and Seasonal Experiences Guide and assign them to corresponding months that make sense and work for you and your family (no need to include everything).

STEP 4: Add anything else you'd like to experience over the next 12 months — if there's something you think of or that didn't "fit" on your Family Bucket List or Seasonal Experiences Guide, include it here.

The goal is to have at least one fun thing written in each specific month — think about what you'd like to do as individuals, as a couple, and as a family.

STEP 5: After creating your Adventure Map, keep it somewhere it's easy to access and update.

Path 1	Path 2
Reference your Adventure Map when creating your Three-Month Map.	Reference your Adventure Map each month as you plan your schedule to make sure these experiences actually happen.

Creating Your Adventure Map As an Individual

Follow the steps above — they're the same!

Not Part of Striving Satisfied?

That's okay! However, you may not have the Three-Month Map — so just choose Path 2 after following the regular instructions.

Your Adventure Map

JANUARY		FEBRUARY		MARCH	
APRIL		MAY		JUNE	
JULY		AUGUST		SEPTEMBER	
OCTOBER		NOVEMBER		DECEMBER	