

A couple is seen from behind, sitting on a large, flat rock. The woman, on the left, has long blonde hair and is wearing a dark blue dress with a white floral pattern. The man, on the right, is bald and wearing a light blue t-shirt. They are looking out over a scenic landscape that includes a calm lake, lush green trees, and rolling mountains in the distance under a soft, hazy sky.

3 SIMPLE WAYS TO SLOW DOWN &
HAVE MORE FUN WITH YOUR
FAMILY ON A REGULAR BASIS.

THE FAMILY ADVENTURE CHECK-IN

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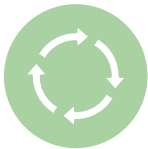
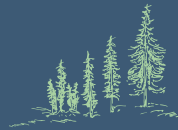
A SIMPLE PLACE TO START

Here's what's inside this check-in
& where you can find what you're
looking for.



THE ADVENTURE CHECK-IN

Make it easier to have fun with your family.



01

HOW THE ADVENTURE CHECK-IN WORKS

These aren't just activities – they're a roadmap
to having more fun on a regular basis.

.....

Page
01



02

CREATE YOUR LIST OF ADVENTURE IDEAS

A simple way to make getting out of the house
with your family easier.

.....

Page
02



03

CREATE YOUR SEASONAL EXPERIENCES GUIDE

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

.....

Page
05



04

CREATE YOUR ADVENTURE MAP

A simple way to have more fun with your family
each month throughout the year.

.....

Page
08



05

SIMPLE REMINDERS FOR REAL LIFE

4 simple things you can do to make these
adventures actually happen.

.....

Page
10



There are no wrong
answers.



Big or small, easy or hard
to plan – it all fits.



This check-in is here to
help you make more time
for what matters.



HOW THE ADVENTURE CHECK-IN WORKS



THIS SIMPLE SYSTEM HELPS YOU & YOUR FAMILY:



Slow down
on purpose.



Decide
what matters.



Make ordinary
days extraordinary.

1



ADVENTURE IDEAS LIST

A simple way to make getting
out of the house with your
family easier.

CREATES:

A master list of things your
family enjoys or wants to try.



2



SEASONAL EXPERIENCES GUIDE

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

CREATES:

A collection of ideas specific
to each season.



3



ANNUAL ADVENTURE MAP

A simple way to have more
fun with your family each
month throughout the year.

CREATES:

A map that outlines what
experiences you want to
have throughout the year.



IDEAS → SEASONS → MAP → REAL LIFE

More fun. More Connection. More Memories.



MAKE YOUR FAMILY ADVENTURES ACTUALLY HAPPEN

An Annual Adventure Check-In helps you decide.
A Monthly Check-In keeps your ideas alive.





CREATE YOUR LIST OF ADVENTURE IDEAS

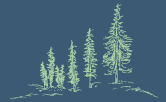


A simple way to make getting out of the house with your family easier.



CREATING THIS BY YOURSELF (AS AN INDIVIDUAL):

Make it personal. Make it fun. Make it yours.



1

START BY GETTING 1 COPY OF THIS ACTIVITY (PRINTED OR DIGITAL)



One copy is all you'll need!

- The fillable version is on the next page – you can also print it.
- If you're creating this with your spouse, see the 3 simple steps below.

2

WRITE DOWN THINGS YOU'D LIKE TO EXPERIENCE IN THESE 3 CATEGORIES:



Outdoor, Indoor, and Restaurants

- This way, you have ideas regardless of what the weather is like – and an idea of what restaurants your family enjoys or wants to try.



CREATING THIS WITH YOUR SPOUSE (AS A COUPLE)

- ✓ Get 3 copies of this activity (printed or digital). You'll each make your own version first.
- ✓ Each of you follow Step 2 to make your own version with your own ideas.
- ✓ Use the 3rd blank copy to combine what each of you made into one final version to keep.



☆ There are no wrong answers.
It's your list!

♥ Big or small, easy or hard to
plan – it all fits.

✈ This list is here to help you
enjoy everyday life even more.

Adventure Ideas

Outdoor	Indoor	Restaurants



YOU'VE FINISHED THIS ACTIVITY!



GREAT WORK!

Now that you've created this – hang on to it for later,
and continue to the next activity when you have time.



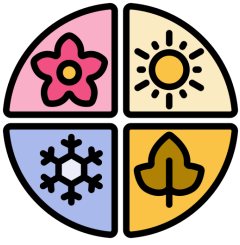
HANG ON TO WHAT YOU CREATED

You can pull ideas from this to help you create the
next activity.



CONTINUE TO THE NEXT ACTIVITY

Get started on the next page!



CREATE YOUR SEASONAL EXPERIENCES GUIDE

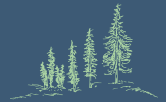


A simple way to enjoy each season more with your family.



CREATING THIS BY YOURSELF (AS AN INDIVIDUAL):

Make it personal. Make it fun. Make it yours.



1

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2

LIST THINGS YOU ENJOY DOING OR WANT TO TRY DOING DURING EACH SEASON



Write down experiences you want to have each season in these 3 categories:

- As a Couple, As a Family, As Individuals (for you & your spouse)



CREATING THIS WITH YOUR SPOUSE (AS A COUPLE)

- ✓ Get 3 copies of this activity (printed or digital). You'll each make your own version first.
- ✓ Each of you follow Step 2 to make your own version with your own ideas.
- ✓ Use the 3rd blank copy to combine what each of you made into one final version to keep.



☆ There are no wrong answers.
It's your list!



Big or small, easy or hard to
plan – it all fits.



This guide is here to help you
enjoy each season more.

The Seasonal Experiences Guide

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



YOU'VE FINISHED THIS ACTIVITY!



GREAT WORK!

Now that you've created this – hang on to it for later, and continue to the next activity when you have time.



HANG ON TO WHAT YOU CREATED

You can pull ideas from this to help you create the next activity.



CONTINUE TO THE NEXT ACTIVITY

Get started on the next page!



CREATE YOUR ADVENTURE MAP

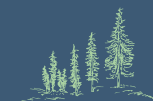


A simple way to have more fun with your family each month throughout the year.



CREATING THIS BY YOURSELF (AS AN INDIVIDUAL):

Make it personal. Make it fun. Make it yours.



1

START BY GETTING 1 COPY OF THIS ACTIVITY (PRINTED OR DIGITAL)



One copy is all you'll need!

- The fillable version is on the next page – you can also print it.
- If you're creating this with your spouse, see the 3 simple steps below.

2

FILL IN THE YEAR NEXT TO EACH MONTH IT'S HOW YOU CAN MAKE THIS ANYTIME



If you're creating this in **September 2026**, October, November, December will be labeled 2026. January – September will be 2027 because they've already happened in 2026.

3

LIST A FEW EXPERIENCES YOU'D LIKE TO HAVE EACH SPECIFIC MONTH



These should be things you normally do (annual vacations, etc), but also things you've talked about trying. Remember to consider these 3 categories: As a Couple, As a Family & As Individuals.



CREATING THIS WITH YOUR SPOUSE (AS A COUPLE)

- ✓ Get 3 copies of this activity (printed or digital). You'll each make your own version first.
- ✓ Each of you follow Steps 2 and 3 to make your own version with your own ideas.
- ✓ Use the 3rd blank copy to combine what each of you made into one final version to keep.



☆ You won't get to everything you put here – that's okay!



Big or small, easy or hard to plan – it all fits.



This map is here to help you have more fun throughout the year.

The Annual Adventure Map

January		February		March	
April		May		June	
July		August		September	
October		November		December	

SIMPLE REMINDERS FOR REAL LIFE

Make everyday life a little
more extraordinary.

1

GIVE YOURSELF CREDIT



You've done a lot of things that other people haven't.

It may not be perfect. You may not get to some of the ideas that you have. That's okay.

You've done something huge by simply taking a step in a new direction for yourself and your family.

2

KEEP THESE SOMEWHERE THEY'RE EASY TO PULL FROM & ADD TO

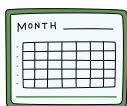


As you live your life:

1. Capture more ideas as you think of them and add them to one of these activities.
2. Reference these activities you've created when you plan your months, weeks, and days.

3

A MONTHLY CHECK-IN IS HOW THESE THINGS ACTUALLY HAPPEN



Set aside just 30 minutes each month with your spouse and reference these 3 activities to make sure you include your adventures in your plans each month!

We do this at home – with our kids climbing and hanging all over us.

4

AN ANNUAL ADVENTURE CHECK-IN IS HOW THIS LASTS



Set aside an hour or two each year to either clean these up by adding or removing things – or completely start fresh by creating new, updated versions (even if you carry over some old ideas – sometimes it feels good to start over).

Make a date out of it – we usually do ours in December.