

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 polo shirt. They are both 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.

A SIMPLE WAY TO SLOW DOWN &
HAVE MORE FUN WITH YOUR FAMILY
THROUGHOUT THE YEAR.

THE FAMILY ADVENTURE CHECK-IN

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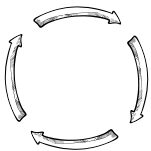
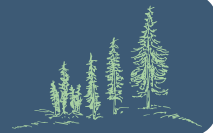
A SIMPLE PLACE TO START

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



THE ADVENTURE CHECK-IN

Have more fun with your family throughout the year.



01

HOW THE ADVENTURE CHECK-IN WORKS

Keep it simple so it actually works.

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CREATING YOUR ADVENTURE GUIDE

The simple steps to create your Adventure Guide.

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ADVENTURE QUESTIONS FOR YOUR FAMILY

A few simple questions to help you create this.

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The simple place you store your answers.

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SIMPLE REMINDERS FOR REAL LIFE

Making your Adventure Guide work in real life.

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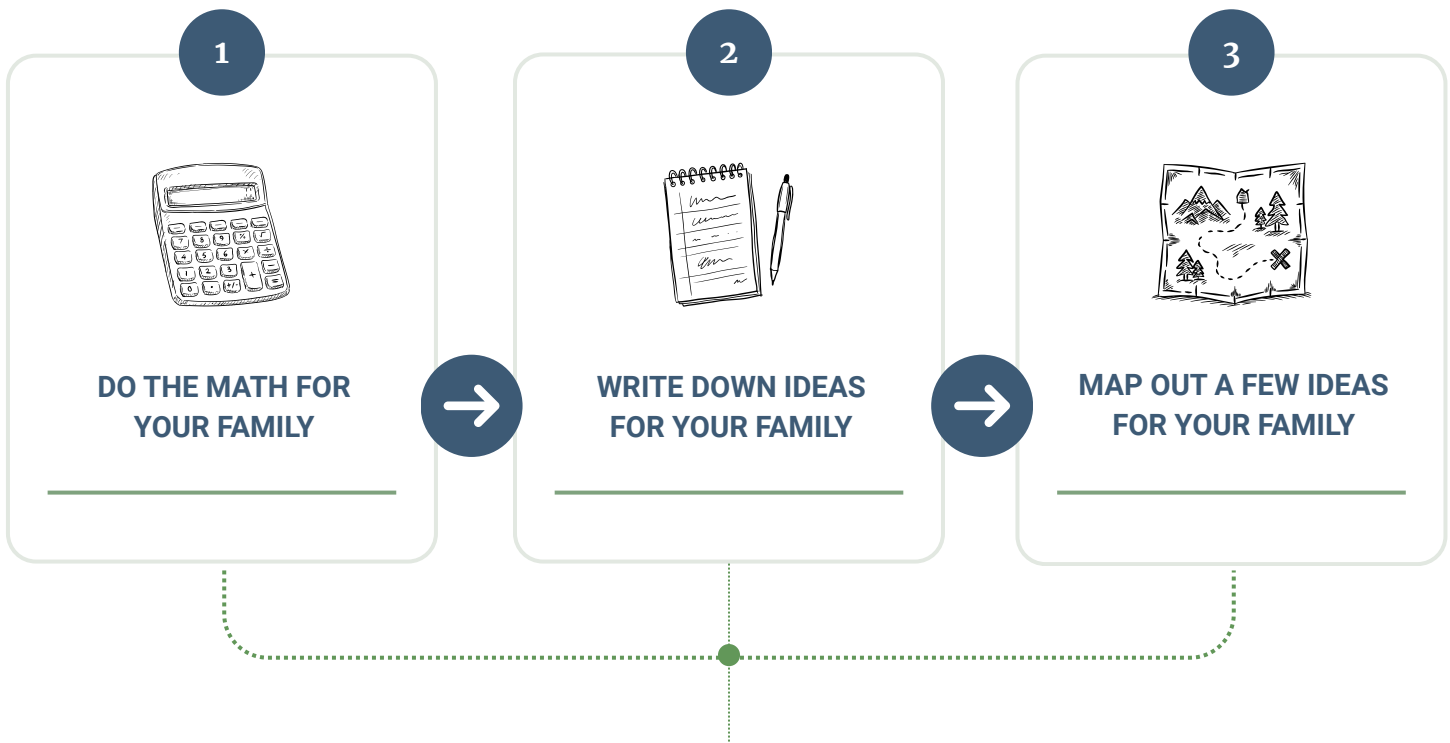
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How It Works

The Adventure Check-In

Slowing down to enjoy it all more doesn't need to be complicated.



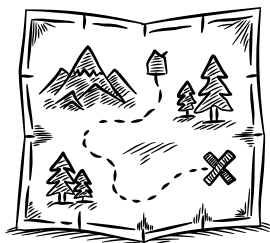
SLOW DOWN → BE MORE PRESENT → HAVE MORE FUN

More Fun. More Connection. More Memories.



IT'S ALL ABOUT DOING WHAT'S BEST FOR YOU & YOUR FAMILY

- You don't need to overhaul your life, try to cram more in, or make some elaborate vision board. Just keep it simple & make time for what really matters - having more fun together.



Creating Your Family's Adventure Guide

A simple way to slow down & have more fun with your family throughout the year.



CREATING THIS BY YOURSELF

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

1

GET SET UP



Get one copy of the Adventure Guide (printed or digital).

- The fillable version is on page 4 - you can also print it.
- If you're creating this with your spouse, see the 3 simple steps "Creating This With Your Spouse".

2

CREATE YOUR ADVENTURE GUIDE



Go through the Adventure Questions for Your Family (on the next page) and store your answers in the corresponding spaces on your family's Adventure Guide.

- Don't overcomplicate it - this is an Adventure Guide - not a rigid plan you need to stick to.
- Do what's best for you and your family during the current season of life you're in.



CREATING THIS WITH YOUR SPOUSE

Get on the same page. Live on the same page.

- ✓ 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.



Adventure Questions for Your Family

A few simple questions to help you and your family have more fun together.

1. Do the Math for Your Family

How many years do my spouse and I have before we each turn 80?

- Example: You're 30 and your spouse is 34 = You have 50 years, your spouse has 46.

How many years do each of our children have before they turn 18?

- Example: Your kids are currently 3, 5, and 8 years old = 15, 13, and 10 years before they are 18.

2. Write Down Ideas for Your Family (Adventure Ideas)

What are some fun ideas we have or places we'd like to go for each of the 3 categories?

- As a Couple = Things you'd like to do with your spouse - without your kids.
- As a Family = Things you'd like to do with your spouse and kids.
- As an Individual = Things you'd like to do without your spouse and kids.

P1 and P2 are for you and your spouse as individuals - just write your names in those boxes.

3. Map Out a Few Ideas for Your Family (The Next 3 Months)

From the ideas we wrote down, what would we like to try to make happen over the next 3 months?

If you're creating this at the end of October, the next 3 months would be:

- Month 1 = November, Month 2 = December, Month 3 = January

Family Adventure Guide

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		

Adventure Ideas			
As a Couple		As a Family	As an Individual
			P1:
			P2:

The Next 3 Months					
Month 1:		Month 2:		Month 3:	



Simple Reminders for Real Life

Slow down on purpose. Decide what matters. Enjoy it all more.

1. Give Yourself Some 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 trying something new for yourself and your family.

2. Keep This Somewhere You Can Easily Update It

As life changes:

- Add new ideas
- Remove things that no longer fit

3. Reference Your Family's Adventure Guide

As you plan your months, weeks, and days - reference the Adventure Guide you've created.

- This helps you bring the fun ideas you have into your life more often.

4. Create a New Adventure Guide as You Want or Need to

As your family lives life - create a new Adventure Guide whenever it makes sense.

- This helps your family stay ahead of things so you always have something to look forward to - even when life's busy.