

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 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.

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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CHOOSE HOW TO CREATE THESE:

*The simple steps for both options are included.
Printing the fillable pages is recommended, but not required.
If you use the digital version - you will need to save the document first.*



As a Couple

Use the Family Adventure Pack with your spouse.



As an Individual

Use the Family Adventure Pack by yourself.

QUICK LINKS THAT MAKE LIFE EASIER:



How to Create Your Family Bucket List - Page 1

Your fillable Family Bucket List - Page 2



How to Create Your Seasonal Experiences Guide - Page 3

Your fillable Seasonal Experiences Guide - Page 4



How to Create Your Adventure Map - Page 5

Your fillable Adventure Map - Page 6



Simple Tips for Real Life - Page 7

Three simple tips that help you use these activities in your daily life.

How to Create Your Family Bucket List

A simple way to remember the things you want to experience with your family.

► Creating Your Family Bucket List with Your Spouse (As a Couple)

1 START BY GETTING 3 COPIES OF THIS ACTIVITY (PRINTED OR DIGITAL)

Each of you will create your own Family Bucket List first. The third copy is to make a final combined version in Step 4.

2 DO THE MATH FOR YOURSELVES & EACH OF YOUR CHILDREN.

Figure out how many years you and your spouse have until you turn 80 – and how many years each of your kids have before they turn 18.

3 LIST EXPERIENCES (BIG OR SMALL) YOU WANT TO HAVE IN THESE 3 CATEGORIES:

As a Couple: Things you want to do as a couple, without your kids.

As a Family: Things you want to do with your spouse & kids.

As Individuals (P1 & P2): Things you want to do without your spouse.

4 CREATE A FINAL COMBINED VERSION FOR YOUR FAMILY TO REFERENCE

Share your ideas with each other and combine them into one final version you'll keep and reference.

► Creating Your Family Bucket List by Yourself (As an Individual)

→ Get 1 copy of this activity (printed or digital) then just follow steps 2 & 3 from above.

► After Creating Your Family Bucket List

→ Keep this somewhere it's easy to reference and update (add to it as you think of more).

→ Use/reference it when you plan your months, weeks, weekends, and/or days.

→ Update this 1x each year, as an "Adventure Check-In" – so it always fits the season of life you're in.

The Family Bucket List

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 a Couple			As a Family		
As Individuals					
P1:			P2:		

How to Create Your Seasonal Experiences Guide

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

► Creating Your Seasonal Experiences Guide with Your Spouse (As a Couple)

1

START BY GETTING 3 COPIES OF THIS ACTIVITY (PRINTED OR DIGITAL)

Each of you will create your own Seasonal Experiences Guide first. The third copy is to make a final combined version in Step 3.

2

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

Write down experiences you want to have each season in these 3 categories: As a Couple, As a Family, and As Individuals.

3

CREATE A FINAL COMBINED VERSION FOR YOUR FAMILY TO REFERENCE

Share your ideas with each other and combine them into one final version you'll keep and reference.

► Creating Your Seasonal Experiences Guide by Yourself (As an Individual)

→ Get 1 copy of this activity (printed or digital) then follow step 2 from above.

► After Creating Your Seasonal Experiences Guide

- Keep this somewhere it's easy to reference and update (add to it as you think of more).
- Use/reference it when you plan your months, weeks, weekends, and/or days.
- Recreate this 1x each year, as an "Adventure Check-In" – so it always fits the season of life you're in.

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:	

How to Create Your Adventure Map

A simple way to have more fun with your family on a regular basis.

► Creating Your Adventure Map with Your Spouse (As a Couple)

1 START BY GETTING 3 COPIES OF THIS ACTIVITY (PRINTED OR DIGITAL)

Each of you will create your own Adventure Map first. The third copy is to make a final combined version in Step 4.

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

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. Then, January through September on your Adventure Map will be 2027 because they've already gone by.

4 CREATE A FINAL COMBINED VERSION FOR YOUR FAMILY TO REFERENCE

Share your ideas with each other and combine them into one final version you'll keep and reference.

4b PULL IDEAS FROM THINGS YOU'VE ALREADY CREATED (OPTIONAL)

Take a look at your Family Bucket List and Seasonal Experiences Guide – use them to get more ideas for your Adventure Map! (If you don't have those, that's okay – skip to “After Creating Your Adventure Map”.)

► Creating Your Adventure Map by Yourself (As an Individual)

→ Get 1 copy of this activity (printed or digital) then just follow steps 2, 3 & optional 4b.

► After Creating Your Adventure Map

→ Keep this somewhere it's easy to reference and update (add to it as you think of more).

→ Use/reference it when you plan your months, weeks, weekends, and/or days.

→ Recreate this 1x each year, as an “Adventure Check-In” – so it always fits the season of life you're in.

The Adventure Map

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

Simple Tips for Real Life

3 ways to make sure this stuff works for you and your family.

1 CAPTURE IDEAS AS YOU THINK OF THEM

Keep these 3 activities somewhere they're easy to add to and pull from.

This way, as you live your life – you can capture more ideas as you think of them, and have a quick reference guide of fun things you actually want to do.

2 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.

3 AN ADVENTURE CHECK-IN 1X EACH YEAR 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 and go to a restaurant – we usually do ours in December.

I hope this helped!

**If you're trying to figure out what's right for you and your family,
Striving Satisfied will be here to guide you through the next simple step.**
