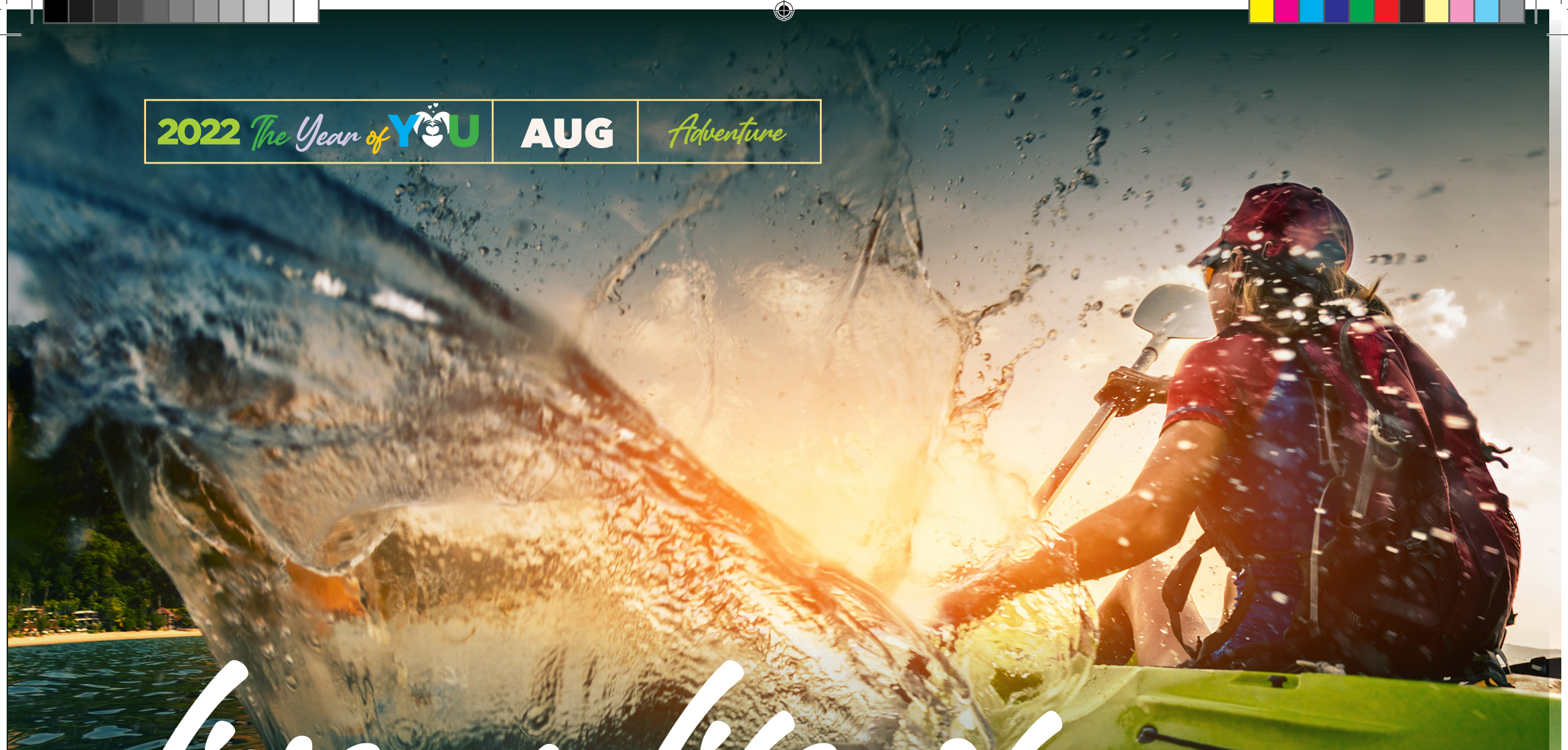
2022 The Year of YOU | AUG | Adventure



live a life of ADVENTURE

When we think of the word adventure, we tend to think of hopping on a plane and travelling to an exotic destination. However, being adventurous does not have to be swimming with dolphins or climbing mountains.

The words adventure and adventurous are derived from the Latin word meaning "about to happen" Living a life of adventure is about shaking up your day-to-day routine by making space for curiosity, spontaneity, and flexibility.

Here are 5 tips for finding adventure in your life!



Try something new! Preferably something that scares or challenges you.



Be a kid for a day! Tap into the awe and curiosity we felt as children.



Remember that not everything will go according to plan. There are no such things as bad experiences, only life lessons.



Appreciate the little things. Adventure does not have to be expensive or lavish.



Support local! If you are going to take a trip start by supporting the local tourist industry.

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