

# My kind of adventure ...



involves a physically demanding challenge	is something I will do alone	requires me to learn a new skill	is to face a fear I have had for a long time	involves public speaking	is an extreme sport	involves being on or in water	will show me sights I haven't seen before
expects me to work as part of a team and trust others	Involves working and speaking with strangers	is a chance to experience a different country or culture	involves singing or playing a musical instrument in public	is not obviously impressive or daring to anyone but me	involves a rucksack, boots and a tent	will prove a point or raise awareness of a cause	involves breaking a record or setting a new one
will be a complete surprise to me until it happens	involves travelling away from home for a while	sees me leading a team that relies and depends on me	involves inward reflection and mindfulness	risks me being vulnerable or crying in front of my friends	involves sharing something personal or emotional for me	is really about the journey and the end is not important	will take me to a place that I have wanted to visit for a long time
could pose a risk to my health and safety	takes me into the wilderness	will involve helping those in need	will bring excitement and a rush of adrenaline	is to try to beat my own personal best	involves exploring a city	has an ultimate goal and a challenge to complete	will take me offline with no phone or internet