

You are about to embark on a personal adventure using the Adventure-Learning Meter. This tool is a visual approach that gradually increases the task, difficulty, personal challenges to meet your ultimate goal/passion/desire. This meter ensures a gradual but defined plan to create a new life entirely within and without. Contact me with any question:

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Here's how it works:

FIRST:

Write or draw your ultimate goal in **#10 slot** as if it is already accomplished. (Goals or desires can be from any area of your life including relationships, money, career changes, travel, art, athletic accomplishment, new skills, or material items like a new car or home).

Next:

Write the starting action on the **number 1 slot** for your personal adventure. It may start with research, allocating funds, confronting perceived boundaries, giving yourself permission, announcing your goal, making a phone call, or actual physical action. Number one slot is critical because it requires some sort of ACTION to begin the adventure. If that action is not taken, the adventure dies before it starts. Consider that action and write/draw it on number one.

Then:

Fill in numbers 2-9 with ACTION steps that gradually increase in difficulty, personal challenge, or commitment. After each of steps 1-9 are taken, step 10 is reached.

Examples:

Example 1:

Goal: I want to be a pilot.

Write Step 10 first: Get a pilot's certificate

Step 1: Research flight instructors and schools. Outline costs, programs. Decide which instructor feels best for my learning style. Commit.

Step 2: Schedule an orientation flight and start instruction.

Step 3: Arrange costs. Figure out how to make it happen or your goal will remain dormant.
Step 4: Begin self-study ground school or take a ground school class at a flight school.
Step 5: Schedule study blocks in weekly schedule to master ground school content.
Step 6: Resist fears, pressure from others to quit, other excuses you have used to betrayed your goals in the past. Choose success through resiliency.
Step 5: First solo
Step 6: First solo cross-country
Step 7: Determine weak areas for written or check ride. Practice until confident.
Step 8: Complete ground school and pass FAA written exam
Step 9: Pass FAA check ride: PILOT!
Step 10: First official flight as licensed pilot

Example 2:

Goal: I wish to feel confident, alive, happy, and resourceful using travel

Write Step 10 first: I travel solo through Italy next fall for a 3-week vacation

Step 1: Arrange costs
Step 2: Get time off work
Step 3: Arrange for home/pets/loved ones as needed
Step 4: Study Italian to use when traveling
Step 5: Practice bimonthly solo adventures on less scale like dinner or movies alone
Step 6: Do 3 practice solo get-aways of increasing duration: weekend, 4-day, and week long
Step 7: Purchase airfare and Eurail pass
Step 8: Reserve hotel
Step 9: Pack
Step 10: Depart for Italy with journal to identify all moments grateful for on 3-week trip

Example 3:

Goal: I wish to rid my depression, shyness, isolation, and fear of people by saying YES to every invitation I receive over the next year. I will have a big party with a band to celebrate my positive change and new friends.

Write Step 10 First: Throw a huge party at my home with a band for all the new friends I've made over the year of accepting invitation and initiating invitations.

Step 1: Identify and confront limited beliefs about my self-worth. In counseling if I do not do this fully on my own.
Step 2: Join internet dating sites, local business, or social groups to increase opportunity to meet other potential partners and get invitations to do fun things
Step 3: Approach and talk to someone I find interesting at these groups or dating sites
Step 4: Initiate an invitation for someone to join me to do something fun (concert or dinner)
Step 5: Join the Solo-Adventure Group to learn about singles and happiness and launch an adventure there too
Step 6: Paraglide off Mt Baldy this spring
Step 7: Raft the Grand Canyon with social group that invited me
Step 8: Confront fears and excuses to build resilience and rid depression
Step 9: Hike Kilimanjaro with another group who announced their intentions
Step 10: Party at my home with new adventure friends...