"Adventure is a lifestyle choice." There is adventure in everything".

Matt Walker, Psychology Today



What's the BIGGEST adventure you've experienced in your life so far?

What's your definition of adventure?

How adventurous are you?

What do you want to gain from our time together today?



@rfmcoaching #reachformore

Your BIG Adventure

What? Where? When? Who? Why? How?

Active Dare Venture **Excuses** Now Test Uncover Reality Encourage

A Life of Adventure



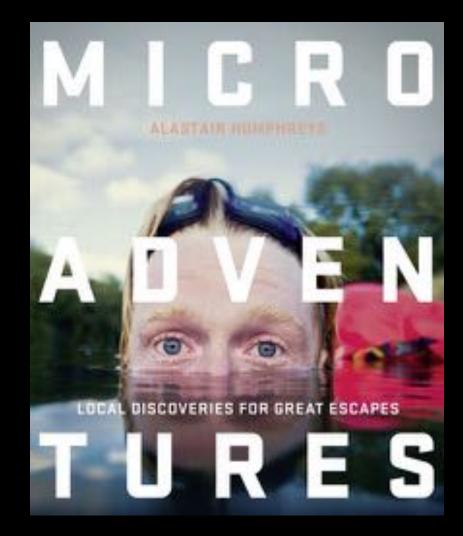
A life of Adventure

How will you invite adventure into your life?

"Short, thrilling trips that fit in around work and family commitments."

Financial Times





www.alastairhumphreys.com/microadventures #microadventures



"Say "Yes" & you'll figure it out afterwards." Tina Fey

www.sayyesmore.com @sayyesmore



7E8 01

Free

Escape Wednesday: Bristol: Graham & Kate's Escape Story of Passion & Pizza

by Escape the City





Banff Mountain Film Festival - Bristol - 8 April 2017 by Snowline Media Ltd

£12.90 - £25.80

South West Outdoor Festival

8-10 Sep 17 Cheddar Gorge

"Ask & you shall receive is the rule, but you must learn how to ask & how to receive." **Gary Zukav**

























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"If you think adventure is dangerous. Try routine. It's lethal"

Paul Coelho

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