

Adventure Reflection

Embracing Where You've Been & Where You're Going



Adventures — whether they're wild road trips or quiet moments of bravery — shape who we are. But how often do we pause to *really* think about them? Reflecting on your adventures can help you reconnect with yourself, uncover lessons you didn't even realize you learned, and see how far you've come.

By looking back, you get clarity on what lights you up, what holds you back, and how you can bring more freedom, fun, and authenticity into your life. Because let's face it: life's too short to keep spinning your wheels.

So, ready to dig in and see what your adventures have been trying to tell you? Let's go!

Hi! I'm Greta, a therapist passionate about helping busy, high-achieving women rediscover and prioritize themselves beyond the roles, expectations, and "shoulds" of life.

In 2020, I began crafting my favorite therapy techniques into digital resources that can be delivered straight to your inbox, making self-help and mental wellness effective and accessible. This is your official **"Welcome to the Club!"**

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PART 1:

Your Wildest Adventures

Let's start with the fun stuff! Think back to a time when you felt totally alive. Whether it was a big, bold trip or a small, spontaneous adventure, these experiences hold a treasure trove of joy and insight. Ready to relive the magic?

What's one adventure that made you feel completely alive? Where were you, and who were you with?

What risk did you take that became a game changer?

PART 2:

The Emotional Rollercoaster

Adventures aren't all sunshine and selfies. They come with twists, turns, and a whole lot of feelings. From the rush of excitement to the pangs of doubt, emotions make every moment unforgettable. Let's dive into what you felt, how you handled it, and what it says about you.

What emotions did you feel during this adventure — empowered, scared, overwhelmed?

How did you handle fear or stress? What do you wish you'd known then?

PART 3:

The Growth Lessons

Adventures don't just leave you with stories; they leave you with lessons. Every challenge, laugh, and risk teaches you something about who you are. Let's find the wisdom you've gleaned from your adventures and see how it can inspire your next chapter.

What did this adventure teach you about yourself?

How can these lessons apply to your current goals?

PART 4:

The Next Adventure - Taking Action

What's next on your bucket list? Think outside the box. Adventure doesn't have to mean a big trip! It could be something small but just as exciting, like learning something new or taking a risk you've been avoiding. Let's dream big and plan ways to bring a little extra adventure into your everyday life.

What's one adventure you're craving but fear or self-doubt has held you back from pursuing?

What's one small way you can add adventure to your life today?

What's an adventure without a soundtrack?

I've always been the friend in the group that everyone trusts with the playlist (or the aux cord, depending on what generation you're in).

So of course, I had to make sure your adventurous spirit stays inspired with these absolutely bangers. You can thank me later!

We Can't Stop — Miley Cyrus

Nothing to Regret — Robinson

Just Like Fire — P!nk

Here's to Us — Halestorm

Woman — Kesha

Kill The Lights — Alex Newell, Jess Glynne, DJ Cassidy

Bottoms Up — Keke Palmer

Fly Away — Tones & I

Cheers (Drink To That) — Rihanna

Want more where that came from?



Check out the full playlist on Spotify [HERE](#).

Heads Up:

This playlist has colorful themes and spicy words.
Play responsibly.

Wrap-Up

You're doing it! Digging into your adventures, uncovering lessons, and dreaming up what's next. Taking the time to reflect is no small thing; it's how you reconnect with who you truly are and what matters most. Remember, every adventure, no matter how big or small, is a unique experience. And it all adds up to what makes your life worth living. So, keep exploring, keep learning, and keep embracing the wild ride that is your journey. Now, go make your next adventure unforgettable!



Curious about your values?

Feeling inspired to keep exploring what you want for your life? Get my latest guide **From Values To Action** will help you identify what truly matters in your life, empowering you to make decisions and set goals that feel authentic and fulfilling!

Yep, I need this.

Is your journaling feeling flat?

Want to take your reflections to the next level? Start journaling in a more meaningful way with my **Journaling That Actually Works Guide**, packed with clear-cut steps, journal prompts, and exercises to help you take your journaling practice from a "Dear Diary" approach to *real* reflection!

Check it out!

Perfectionism getting in the way?

If you feel like you have to get everything just right for you to fully enjoy life's adventures, sign up for my brand new **Perfectionism Course Waitlist** that will help you break free from the pressure and embrace your authentic next steps!

Count me IN!

Check out the rest of my tools & resources at my shop [here!](#)