

how to be an

adventurer



by: Jodi Sagorin

Check out [if you never did, you should](http://www.ifyouneverdid.com) for regular updates on living life outside the ordinary, adventures, travel, and so much more.

www.ifyouneverdid.com

Introduction

Once I decided that I was going to be an adventurer, life got a whole lot more interesting. I can honestly say that I now know myself inside and out.

This ebook is a compilation of tips and advice I've picked up on my various adventures and from people much smarter than me. It is made up of interviews, elaborations of posts on my blog, inspirational quotes and tons of new material.

I firmly believe that this world needs more inspiring, ambitious, and exciting people in it. **We need more adventurers!**

So What the F@#\$ is an Adventurer, Anyway?

An adventurer is not just a person that does cool stuff.

Being an adventurer is a state of mind.

Adventurers choose to explore their own lives and follow their passions. They are not afraid to be remarkable. An adventurer lives life to the fullest and accepts no fear or impediment on their journey to fulfillment.

They are explorers of themselves who refuse to passively let life happen to them. They act instead of reacting.

Ordinary people are changing their lives through extraordinary adventures in self exploration.

The good news?

You can too.

To be an adventurer is to have an unquenchable thirst for experiencing things that few others get to experience. It's having a burning desire to explore and turn dreams into reality.

To be an adventurer means to blaze a trail in the darkness of ignorance, while shining our only light behind us for others to follow.

It means using dreams as guideposts instead of accepting them as impossible. It means climbing mountains of impossibility, planting a beacon for others to follow, and then, without taking a break, making our way to the next impossible summit.

It means having a passion to see things from a new perspective and to recognize that we are but mortals in this playground of life.

It means to refuse accepting the status quo and to demand from ourselves the realization of our greatest human potential.

Raam Dev

Note

This e-book is free! Read it. Share it with the world. Do with it what you may. All I ask is that you don't try to make money off of it or pass it off as your own work.

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Pretty sweet, huh?

I've included some awesome interviews with incredible adventurers and lots of great links & quotes to inspire you along the way. All the pictures were found on [Weheartit.com](#) if you know the original sources, please let me know so I can properly give credit.

I've put many hours into writing, researching, interviewing, and editing to make this e-book a reality.

I hope you enjoy reading this as much as I've enjoyed writing it.

XOXO,

Jodi Sagorin

P.S. Don't forget to be awesome.

My Adventure Journey



I was born in Durban, South Africa and moved to the U.S. at a young age. Looking at my parents, you can see the duality of my personality clearly. My planning, kindness, interest in others, and rationale all come from my ex-preschool-teacher mother. While my adrenaline-junky tendencies and occasional disregard for my own safety stem from my surfer-heli-boarder-skydiver father.



I surfed, snowboarded, jumped off things, and skated my way to many broken bones and tons of scars when I was little... I also did ballet. I fondly look back on these times when I look in the mirror to find an old healed battle-wound and kick myself for not continuing in my pursuit of board sports. Scars are excellent keepsakes. They are proof of risk-taking or clumsiness, both of which you can learn from.

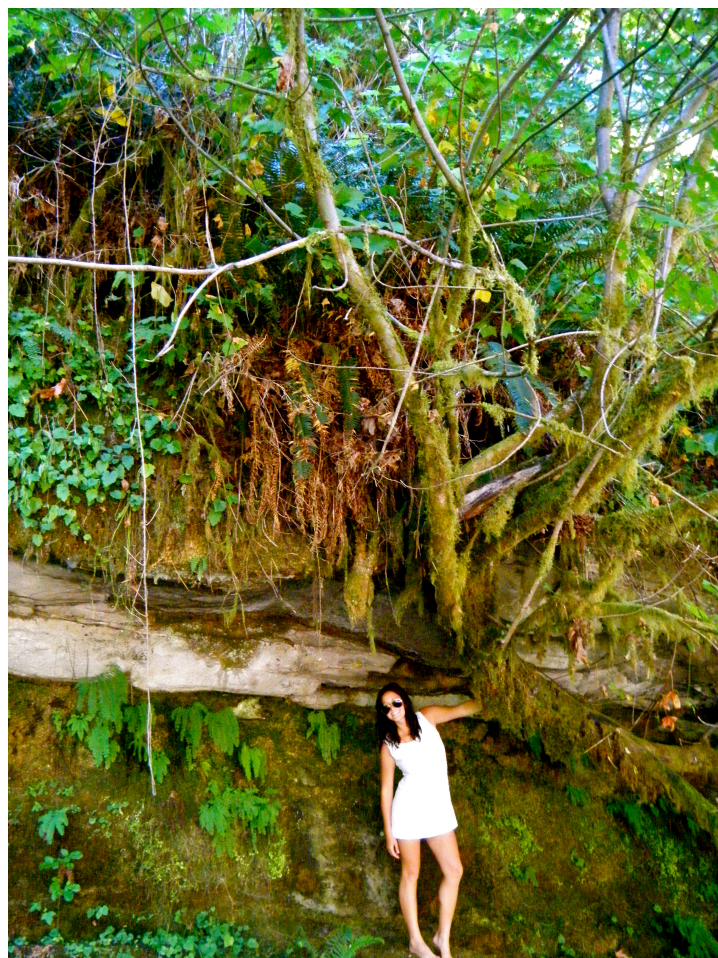
The day I turned 18, my dad and I went skydiving. I flew a plane, bungee jumped, traveled quite a bit, climbed rocks and crawled through caves among other things soon after. People always seemed to ask me what my next scheme for excitement was. The best part was that I always seemed to have an answer. At 19 years old, I am ecstatic that I have discovered my inner adventurer.



To bring you up to date: I have decided to take a year off of school (I'm a Business Econ/International Relations major) and postpone an acceptance into an incredible university to volunteer and intern in India and travel the world working with social businesses. I am taking a giant leap towards an exciting year of freedom and a lifelong pursuit of adventure.

Hopefully this book will inspire you to take that next big step in living your dreams.

**“If you never did you
should, these things are
fun and fun is good”
- Dr. Seuss**



Part 1:

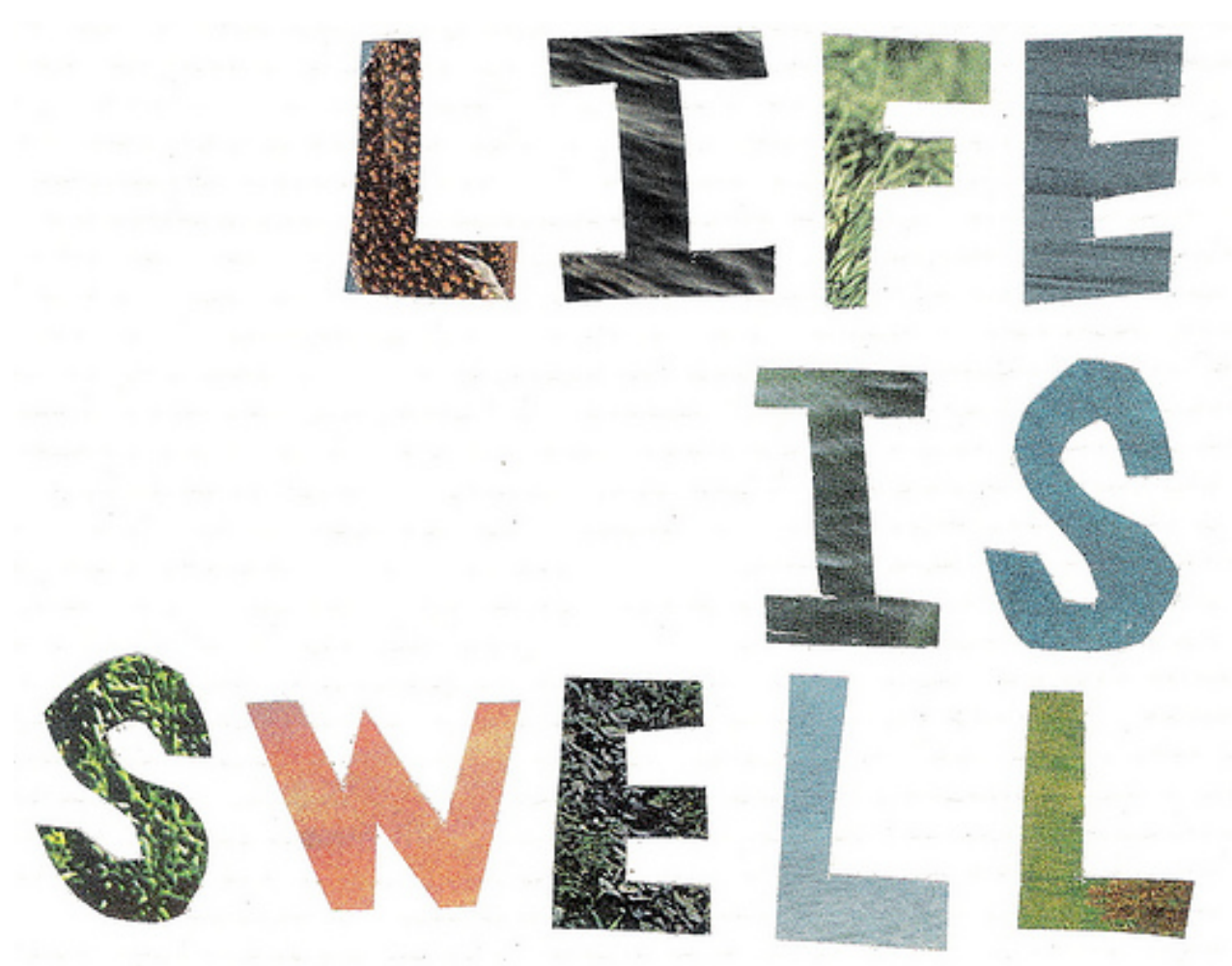
It's All About the Attitude

Becoming an adventurer doesn't mean climbing Mount Everest or conquering uncharted terrain.

It means making a commitment to explore all aspects your own life.

The best part: **all it really takes to start is a shift in attitude.**

In this section, you'll find simple ways to adopt the attitude of an adventurer.



Have a Conscious Pursuit of Happiness

Newsflash people: one day, we are all going to die.

I'm not trying to sound morbid or cliché. I just want you to think about the fact that our time here is limited. Why not take the bull by its horns and enjoy every second of it?

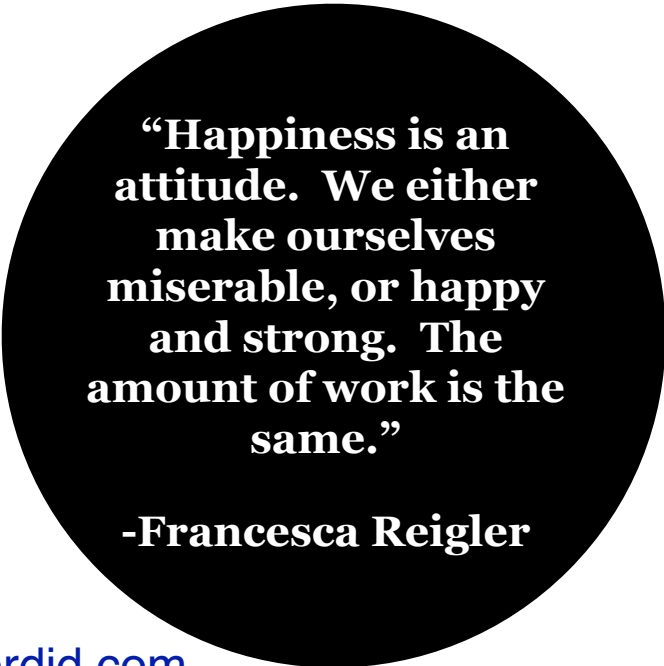
Do you want to waste your one precious life in a dead-end job banging your head against the wall? Do you want to waste this incredible gift running around aimlessly in circles like a cog in a machine?

I know I don't.

I have decided that every day I will consciously pursue my own happiness.

I'm not suggesting that we all sit around and analyze the fun out of everything. Nor am I saying that we should abandon all responsibility and aim to live a life with no pain or hardship.

All I'm saying is that we need to find out what our passions are and then pursue them. We need to seek enjoyment in everything we do!



“Happiness is an attitude. We either make ourselves miserable, or happy and strong. The amount of work is the same.”

-Francesca Reigler

When I was 5 years old, my mom always told me that happiness was the key to life. When I went to school, they asked me what I wanted to be when I grew up. I wrote down “happy.” They told me I didn’t understand the assignment and I told them they didn’t understand life.

What Makes You Tick?

It's what makes you jump out of bed with a smile on your face every morning.

It is what gives you that extra push to set out in the path of your dreams.

It's your innermost passion.

Finding your passion is one of the hardest things to wrap your head around, yet it is the most important question you can ask yourself.

Discovering your passion and deciding to pursue it is like drinking a Magic-Mojo Potion and the world would be a much more exciting and productive place if everyone decided to take a sip.

You already know, deep down, what your passion is. The problem is not a lack of passion. The problem is that it's buried under piles and piles of social conditioning, fear, and distraction.

"In order to get what you want, you must first decide what you want.

Most people really foul up at this crucial first step because they simply can't see how it's possible to get what they want — so they don't even let themselves want it."

- Jack Canfield

**If you have to
live with
uncertainty,
you may as
well pursue
what you care
about deeply.**

Silence all the outside noise. Clean out all your preconceived notions about what you should be doing with your life. What do YOU want?

When you were a kid, what did you dream of doing?

Sometimes, the easiest place to start is with your childhood dreams.

Explore your thoughts. Indulge in the things you love. Make waves!

Experiment with different aspects of your reality and discover your passion.

I wish I could write a step-by-step guide to finding your purpose and passion, but I really don't think that gives it justice. It's the most personal discovery of all. No one else can find it for you or show you how.

Find your passion.

Ready or not, here you come.



An Adventurer's Perspective:

Chris Guillebeau



Chris Guillebeau is a writer, traveler, and fighter of the status quo. He is the author of [The Art of Nonconformity](#), is traveling to every country in the world, and offers tremendous advice and unconventional ideas to remarkable people everywhere.

Site: chrisguillebeau.com

Twitter: [@chrisguillebeau](https://twitter.com/chrisguillebeau)

I was lucky enough to be able to ask him a few questions.

Here's what he had to say:

I volunteered in West Africa for several years, and between that and a few adventures in Europe and Asia, I realized I had been to about 50 countries. Then I decided, why not try to get to 100? After I started getting closer, I realized that 100 wasn't that difficult, because you can pick and choose which countries you visit. Going to *every* country creates more of a challenge. I like challenge, I like goal-setting, and I like travel, so I put them all together and that's what I came up with.

An adventurer embraces change, whether they are at home or abroad. For me and other like-minded people, the pursuit of adventure is better than the pursuit of efficiency or the most optimal life. Another way to put it is that adventure is fundamentally inefficient, but hopefully it is also fundamentally meaningful.

Advice: Plan less and leave sooner.

When asked if he ever had to give up on things he once thought were important: Yes, especially the fear of what other people think. I still have that fear, actually, but I try to prevent it from making decisions for me.

In my case, choosing adventure (through travel, writing, and the AONC community) has been one of the best choices I've ever made.

See the Excitement in the Little Things

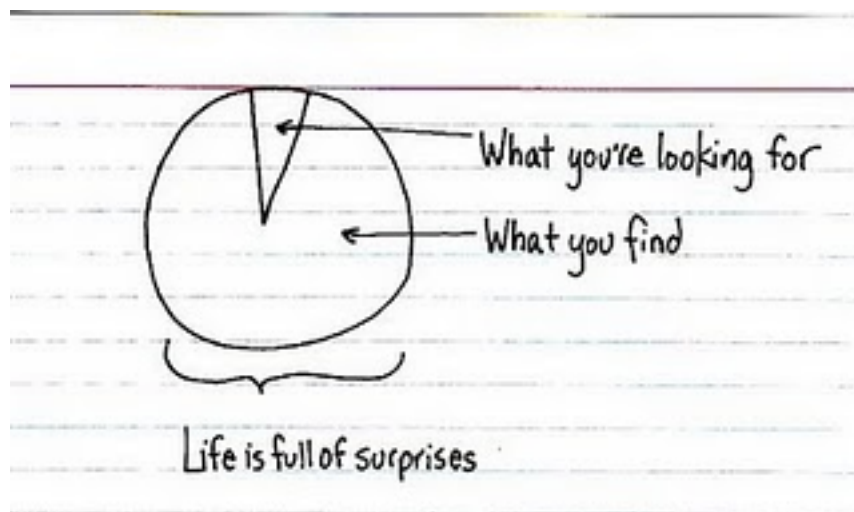
Embrace every single day as the adventure that it is. Challenge yourself to see the excitement in things, even those that look like a bore to others.

You know those people who walk around with a twinkle in their eye and a smile on their face? Most likely, they notice beauty and excitement in everything around them. A person like that will never feel lonely or bored.

Take a different route to work. Try a different flavor of ice-cream. Come into your house through your window instead of your front door. Let go of small irritations. Look for joy and laughter in every situation. Daydream. Be the life of the party. Take the long way. Cook an exotic meal. Wear something silly. Approach the hottie of your dreams. Study the Kama Sutra. I dare you!

Whatever it is that you're doing, ask yourself: "How can I do this differently to make it more exciting?"

Even something totally mundane can become so much fun if you approach it in this way. It definitely takes practice, but doing so can make your life so much more compelling.



How to Start Seeing the Excitement in the Little Things:

- Take notice of the weather and try to appreciate it. Whether it's sunny or warm or pouring rain, try to accept it and have some fun. Rain doesn't have to be a downer if you run outside for a little while. Don't be afraid to get your feet wet!
- Smile at strangers and take notice of the kindness of others.
- Be observant.
- Adjust your attitude. The power of a bad day is terrible, but let me share a secret with you... it's all in your head! Consciously change the way you go about your day and your mood will improve.
- Notice the things your loved ones do for you or say to you. They really care and if you take the time to notice, the little things they do are a wonderful source of excitement.
- Use all your senses.
- Walk around as if you were photographing the scene even if you don't own a camera. If you notice what would make great shots, you'll see the beauty and excitement in your everyday life.
- Always be looking. Everything is interesting!



YOU ARE A DETECTIVE.

YOUR MISSION IS TO DOCUMENT
AND OBSERVE THE WORLD
AROUND YOU. AS IF YOU'VE NEVER
SEEN IT BEFORE.

TAKE NOTES.

COLLECT THINGS YOU FIND ON
YOUR TRAVELS.

DOCUMENT FINDINGS.

NOTICE PATTERNS.

COPY. TRACE. MAKE RUBBINGS.

FOCUS ON ONE THING AT
A TIME.

RECORD WHAT YOU ARE DRAWN TO.

All About Ruts & How to Get Out of Them

Dragging their feet, head down, and moping you wonder why their life is so damn boring.

You clock in, you clock out.

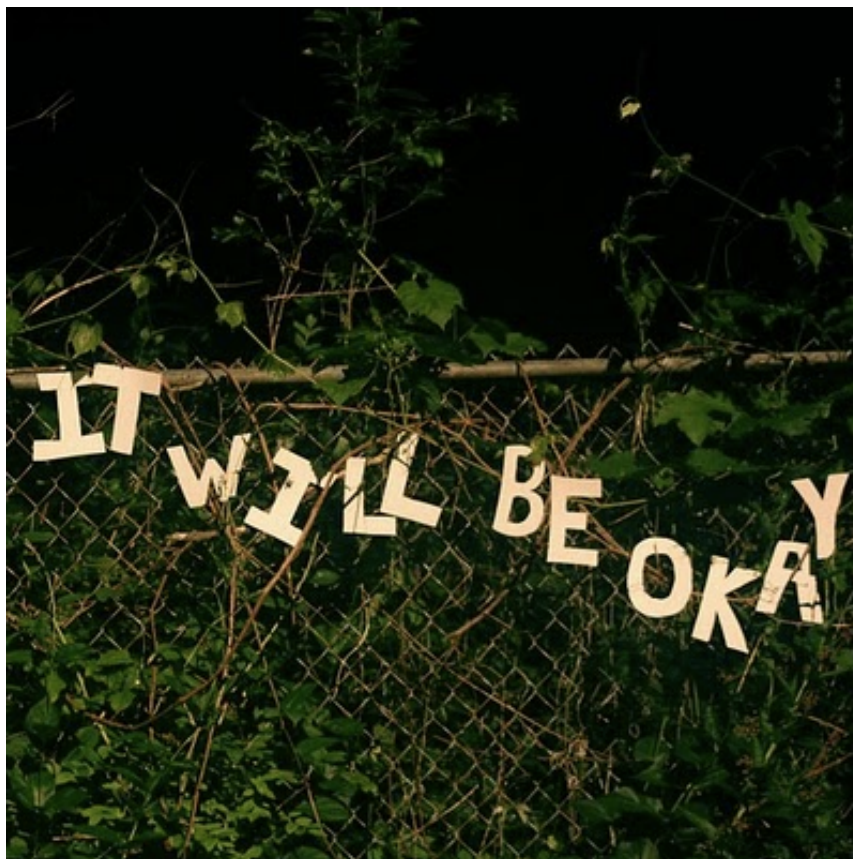
Nothing to look forward to.

Another day of predictability.

Trudging along to their final destination of bills, a dead-end job and 2.5 kids. They see the world as one giant obligation after another. Life is a chore.

Too many people identify with this mindset.

They complain that there's nothing to do, that they are dying of boredom, or that they just can't bring themselves to take the next step to tackle that big project. These people, and maybe you, are just stuck in a rut. The longer you allow yourself to stay in it, the harder it will be to dig yourself out.



After breakups, disappointments, or just plain boredom, ruts can invade our lives and trap us in a state of slow, melancholy, nothingness. Don't let this happen to you! If you're already in one, it's up to you to get out of it. Start small, and if you keep on digging, you'll get out of your rut in no time.

How to Tell if You're Stuck in a Rut:

- You find yourself lounging around the house in your pajamas all day, stuck in a loop of inactivity.
- You feel angry or sad at random times with the smallest or no provocation.
- Absolutely everything is difficult and nothing is easy. You feel out of sync, unlucky, and like the world is out to get you.
- You're just tired, lack enthusiasm, and don't get excited about anything.
- You have no motivation.

If any of these sound like you, you might be stuck in a rut! It's time to jumpstart your life and get on the right track.

How to Dig Yourself Out of a Rut:

- Start every day by making a list of everything you want to accomplish, then start with the simple things and cross them out as you finish them. That sense of accomplishment will give you a boost.
- If a task seems overwhelming, break it up into little pieces and just START.
- Get rid of "I can't" and tell yourself why you can.
- Get dressed every morning. You'll be less likely to stay cooped up in your house doing nothing if you get ready. So, do it every morning and you'll have to figure out somewhere to go!
- Do something you've never done before to jumpstart the journey out of your rut. Trying something new is a great way to get excited about your life and once you have a taste of doing things, you won't want to stop. Sign up for a new class, invite a friend, it will be fun... I promise.

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- Take fifteen minutes out of every day (at least!) to spend with yourself. Turn off all distractions and just do something alone. Write, paint, journal, or just sit and think. Do anything you can think of that is therapeutic and will make you feel great.
- Exercise! Working out releases endorphins and will make you pumped for your days.
- Clean up and get organized! Your surroundings really do affect your mood, so if you have a messy home, you're going to feel like your life is chaotic.
- Reward yourself for getting things accomplished. A little incentive goes a long way.
- Take care of today. Don't get stressed trying to do a million things in one hour. As long as you are starting something, your rut will disappear.
- Say yes! Whenever I'm stuck in a rut and feeling down, I used to seclude myself, wallow in my own self-made misery and turn down wonderful engagements that might actually make me feel better. When your friend calls with a stellar invite, suck it up and go! Once you're there, you'll be glad you did.

**THE WORLD
WILL NOT
FALL
APART.**

An Adventurer's Perspective:

Stephanie Yoder



Stephanie Yoder is on a round the world trip alone, proving to everyone that: 1) you can go when you're young 2) ladies can do it too!

Site: twenty-somethingtravel.com

Twitter: [@20sTravel](https://twitter.com/20sTravel)

Here's what she had to say:

Just DO it. Spend less time deliberating, and more time figuring out how to make your dreams happen. I've never in my life met someone who regretted following their travel dreams.

The more I travel, the less attached I've become to STUFF. We live in a very materialistic culture, and it's very easy to get caught up in the habit of buy buy buying. Once you've spent time living out of a backpack though, it suddenly becomes so much less important to own \$100 jeans or 15 pairs of shoes. I'll never be a minimalist, but I'm now much more interested in spending my money on travel than on material objects.

When you are young you have so much more drive and energy than you will later on in life. You also have less responsibilities than you ever will again. I think it's the perfect time to take a chance.

Being an adventurer means seeking out new and exciting experiences in an effort to truly experience the world around you. It means taking some risks.

Realize the Choices We Make Define Our Lives

Audition or watch from the audience?

Ask them out or admire them from afar?

Study or go on facebook?

Be the life of the party or be a wallflower?

Life is full of choices. Some of them big and some of them small. One thing is clear:

Where we are today is a result of the choices we have made.

The greatest freedom we possess is our freedom to choose!

Every day we are bombarded with choices and our choices define our quality of life.

We choose how we think, how we speak and what we do.

Every single decision we've made up to this point has brought us here, to this moment.

Once you start paying attention to the thousands of choices you make every day, you are free to live on your own terms.

You can decide what to do with your time.

This isn't meant to fill you with regret of your past decisions or dwell on what might have been.

This is to shake you so you realize that **you** decide.

You are the person you chose to be.

Choose to **love** ;; rather than hate.
Choose to **laugh** ;; rather than cry.
Choose to **create** ;; rather than destroy.
Choose to **persevere** ;; rather than quit.
Choose to **praise** ;; rather than gossip.
Choose to **heal** ;; rather than wound.
Choose to **give** ;; rather than steal.
Choose to **act** ;; rather than procrastinate.
Choose to **grow** ;; rather than rot.
Choose to **pray** ;; rather than curse.
Choose to **live** ;; rather than die.

"Once in a while it really hits people that they don't have to experience the world in the way they have been told to."

- Alan Keightley

"Never forget that life can only be nobly inspired and rightly lived if you take it bravely and gallantly, as a splendid adventure in which you are setting out into an unknown country, to face many a danger, to meet many a joy, to find many a comrade, to win and lose many a battle."

"Plunge boldly into the thick of life, and seize it where you will, it is always interesting."

- Johann Wolfgang Von Goethe

"Don't say you don't have enough time. You have exactly the same number of hours per day that were given to Helen Keller, Pasteur, Michaelangelo, Mother Teresa, Leonardo da Vinci, Thomas Jefferson, and Albert Einstein."

- H. Jackson Brown

Why the “Safe” Choice is Always More Dangerous

Staying on the safe side, living with an air of caution, can lead you to some of the worst decisions in your life. When is the last time you heard someone exclaim:

“Gosh, I am so excited that I didn’t study abroad in Italy for a few months. The opportunities and cultural immersion would have been terrible. Staying at home with the same routine I’ve had since the 1st Grade was the best decision I’ve ever made!”

The answer is Never.

(If you have heard someone say something along those lines, I apologize, but they were probably boring and you didn’t talk to them for very long, anyways.)

Choosing the “safe” way leads to regret, boredom, melancholy and a ho-hum life. It can mean the difference between trying new things or letting fear hold you hostage, between procrastinating today or taking action toward your goals and dreams, between being an adventurer or being boring.

Let’s choose to take risks, develop new skills, and push the limit.

Let’s choose to live each day to our fullest potential.

Let’s choose to be adventurers!

**It is better to
step forward into
growth than to
step back into
safety.**

**“Twenty years from now you
will be more disappointed by
the things you didn’t do than
by the ones you did do. So
throw off the bowlines. Sail
away from the safe harbor.
Catch the trade winds in
your sails. Explore. Dream.
Discover.”
- Mark Twain**

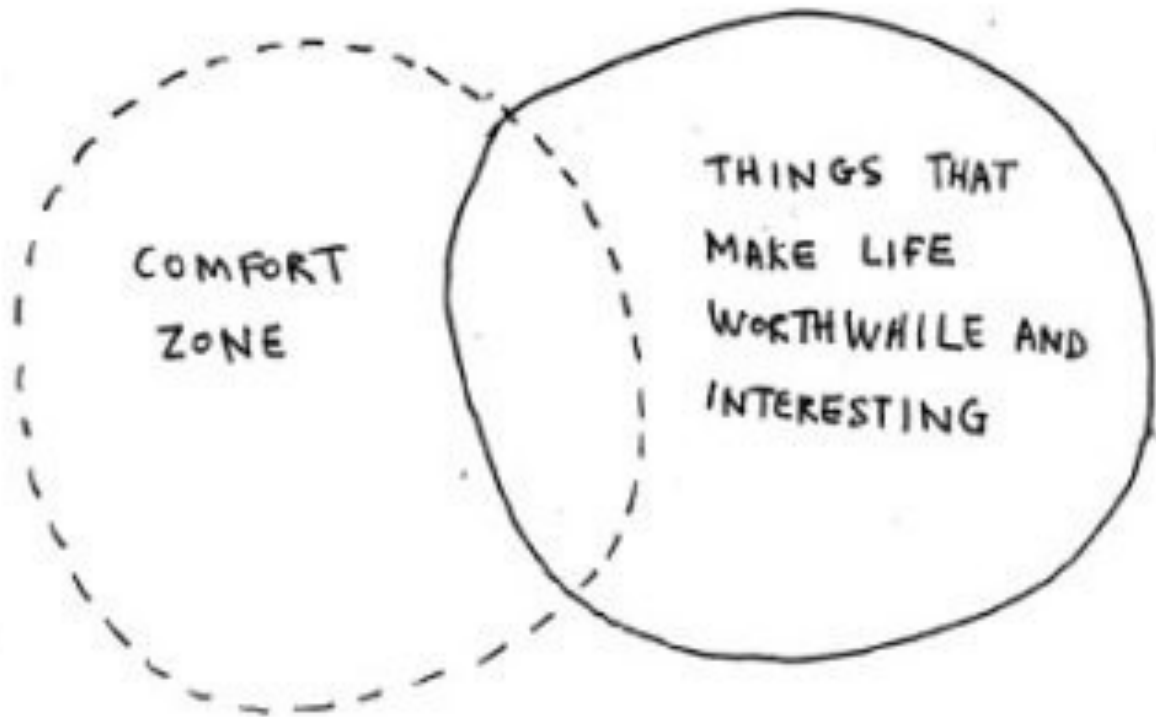
Step Out of Your Comfort Zone

Everyone has a zone where they feel wonderfully safe.

It's warm and fuzzy.

A place where no bad things can hurt us.

...It's BORING!



Fear and Limits

Most of the time, we stick to our little bubble of a comfort zone because we're afraid. We let fear keep us in a padded cell and this is not the way to experience life as an adventurer. Never be afraid of trying new things!

Adventurers aren't people with no fears. They are simply people who choose to overcome those fears.

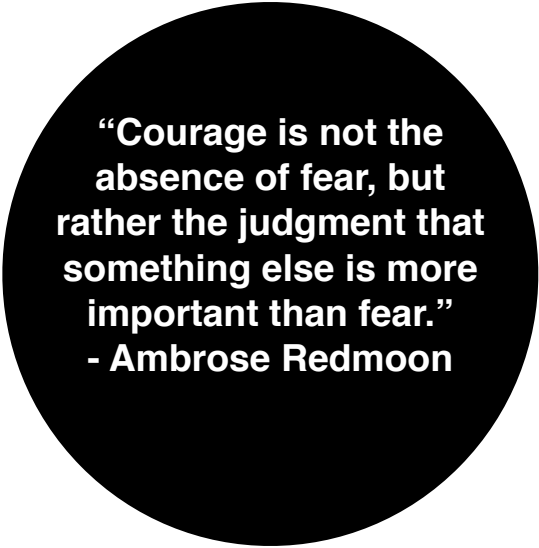


Fears close the doors that lead to experience and adventure. They block off entire sections of our life so that we shy away from experiences even slightly resembling what we are scared of. Identify your fears, and then explore them.


The secret is to feel the fear, and then spit in it's face and do it anyway! The adrenaline rush that comes from facing a fear is beyond exhilarating, and when it passes, and you realize you're still standing, you feel a great sense of accomplishment.

Remember that most fears are not rational. We learn them.

Fears are all in our head.



**“Courage is not the absence of fear, but rather the judgment that something else is more important than fear.”
- Ambrose Redmoon**



Life is not a journey to the grave with the intention of arriving safely in a pretty and well preserved body, but rather to skid in broadside, thoroughly used up, totally worn out, and loudly proclaiming WOW – What a Ride!

Like fears, limits and insecurities are imagined. Work towards getting rid of your insecurities and notions of personal limits.

Realize that the limits you set for yourself through fear or insecurity are holding you back. Explore your fears and then move past them.

Banish them to the dark recesses of space and never let those thoughts bother you again.

Broadening Your Comfort Zone

The irony of stepping out of your comfort zone is that when you do, your comfort zone grows. It expands as you face new challenges.

Stepping out of the norm happens slowly and one of the easiest ways to insure that it happens is to make a promise to yourself.

The promise:

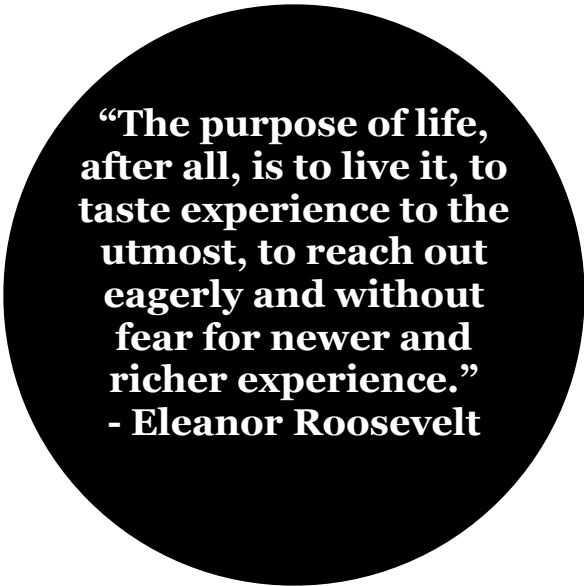
“I will try one new thing everyday.”

Visualize risks that you want to take, things you want to try, or things you want to say. See yourself doing those things or saying those things.

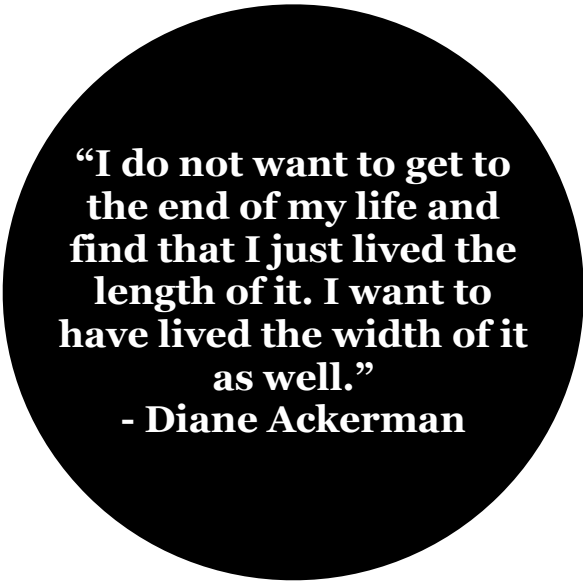
Confront your fears in small doses. If you're nervous about public speaking or approaching people, make it a point to make small talk with at least one stranger a day. Even if you just say hi, it will work up to being much more than that eventually!

Repeat, repeat, repeat! The more you push yourself to do or say gutsy things, the more bold and gutsy you will become.

Acknowledge your comfort-zone downfalls and set goals to obliterate them.



**“The purpose of life, after all, is to live it, to taste experience to the utmost, to reach out eagerly and without fear for newer and richer experience.”
- Eleanor Roosevelt**



**“I do not want to get to the end of my life and find that I just lived the length of it. I want to have lived the width of it as well.”
- Diane Ackerman**

An Adventurer's Perspective:

Sally Thelen



Sally Thelen is the unbrave girl. She is traveling through Southeast Asia and she's pretty darn brave, if you ask me.

Site: unbravegirl.com

Twitter: [@unbravegirl](https://twitter.com/unbravegirl)

Here's what she had to say:

A lot of people think it's a joke or just a catchy name for my blog, but I really do consider myself "unbrave." I'm scared of everything from heights to high heels. I hate open water. I loathe ceiling fans. I freak out in caves. On any given day, I'm convinced I have Lyme disease, amoebic dysentery and shingles. I will never willingly jump out of an airplane.

I don't necessarily think fear is a bad thing. I think fear saves me from doing lots of stupid things that could get me killed. (Although, I'm still surprised at the number of stupid things I do manage to do... and the fact that I have yet to be killed by them!).

If you're the sort who likes to bungee jump and climb cliffs and such, than do it. But, frankly, my idea of adventure is going to a grocery store in a foreign country and buying weird snack foods... and then finding a couch somewhere to sit on while eating my new funky snack products. But I can definitely see how that might not be everyone's definition of "adventure"!

I don't think traveling should be solely the domain of the fearless. Lots of people tell me they're not "brave enough" to travel or to travel on their own. I always tell people that you don't have to be brave to do the things I do. You just need a little luck and a lot of hope that everything will turn out okay in the end.

Advice:

To quote Nike (the shoe company... not the Greek goddess), "Just do it." My biggest inspiration for my current trip around Asia was a friend of mine. She inspired me not because she was living her dream but because she wasn't. My friend is an emergency room nurse who for the past ten years has been dreaming of giving up nursing to study how to make violins. For the past ten years, I've been listening to her talk about this big dream of hers and all the reasons why she shouldn't pursue it. I was visiting her last Christmas in Australia and all I heard about all week were the million reasons why she couldn't give up her stable career for the crazy unpredictable life of a violin-maker.

When I returned home, I realized I was in the same situation. For the past ten years, I've wanted to be a writer but I was always too scared to really pursue it. Plus, frankly, I didn't have all that much to write about. Traveling has always been a big inspiration for my writing, so I decided to take this trip in the hopes that it would spur a book... or at least beef up my blog. When I emailed me friend to tell her about my travel and writing plans, I urged her to do the same thing: take the big risk. She did. Now she's in Germany studying how to make violins.

You can always come up with a million reasons why you shouldn't go on that big trip/take that big risk/change careers/etc. But, chances are, your friends are sick of listening to you go on about it. Maybe even you're sick of hearing yourself go on about it. Just do it already. What's the worst that could happen? (Wait... don't answer that).

Get Some Freaking Confidence!

People are drawn to confidence and the more sure of yourself you are, the more you can accomplish. I'm not trying to create a new breed of over confident arrogant morons, I just want you to respect your own individual awesomeness.

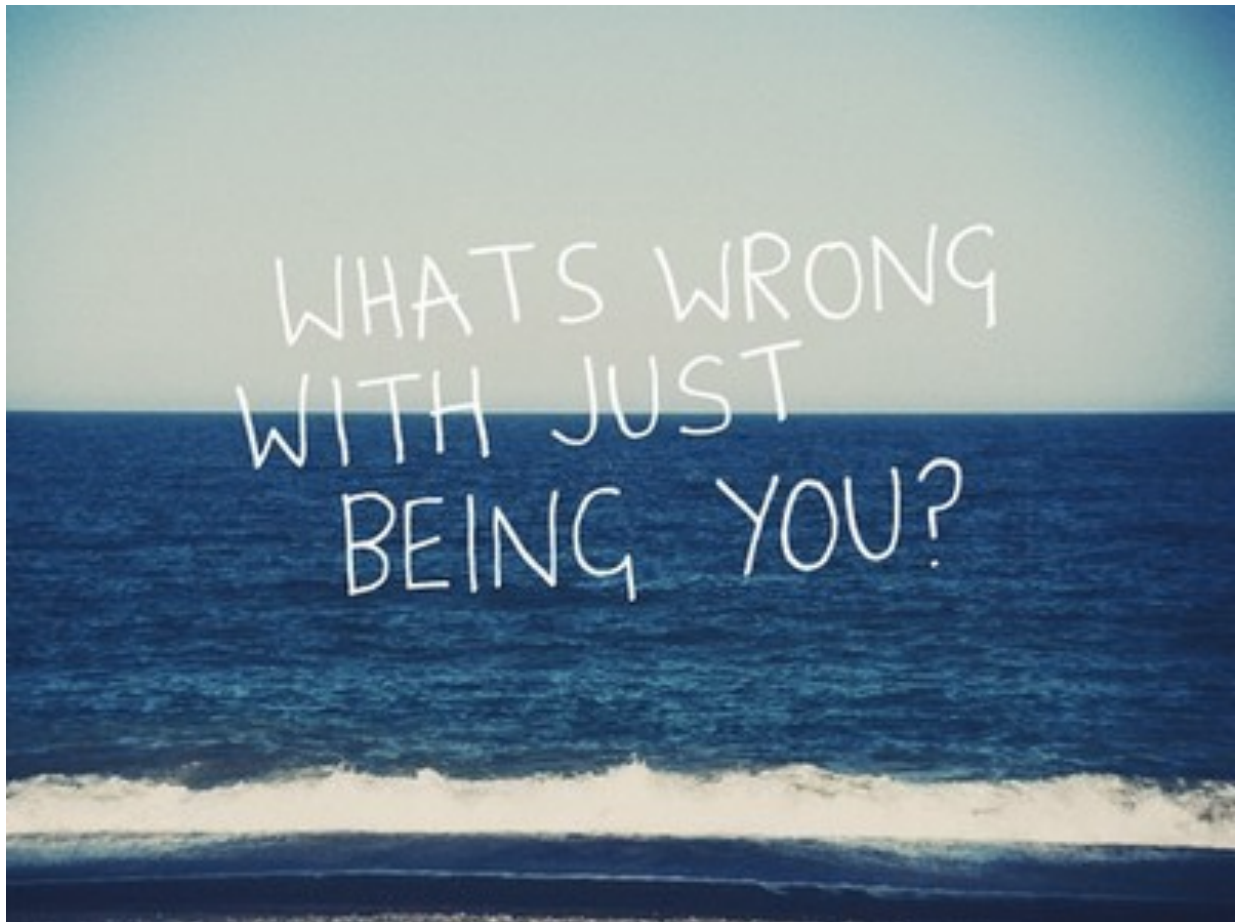
You're Already Awesome

You have unique value to add to this world.

Are you breathing, thinking, and feeling?

Then, you have something to contribute.

Be confident about your talents, even about your shortcomings, and the world is yours.

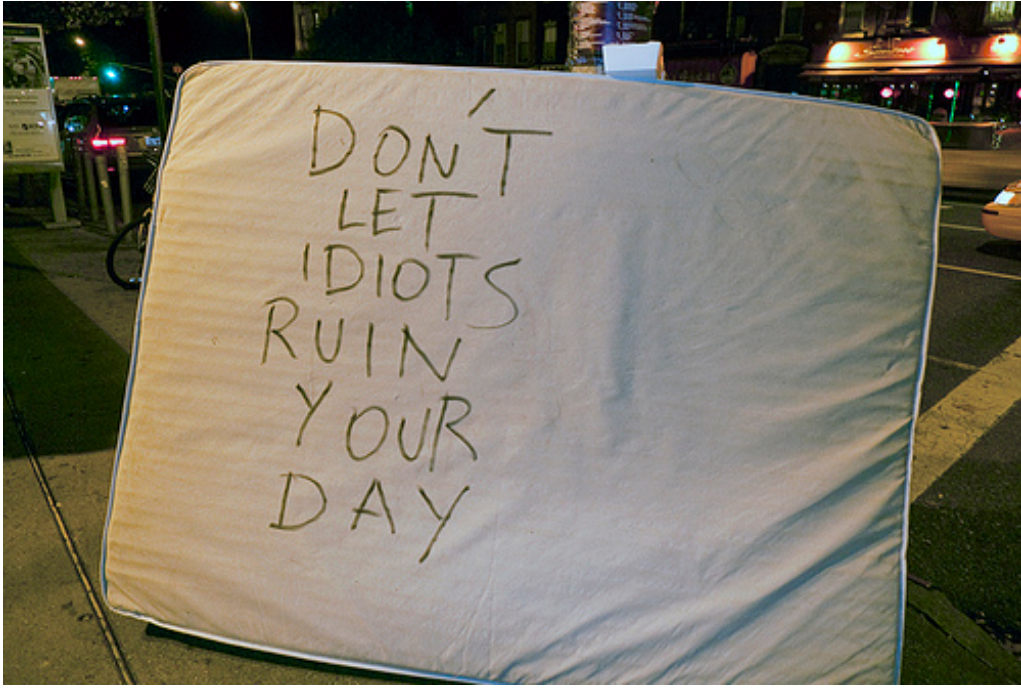


How to Boost Your Confidence:

- Realize you're the sh!#
- Think about all the things that make you, You.
- Give yourself compliments every time you feel insecure. Out loud. Do it.
- Stop talking about your insecurities! No one wants to hear it!
- Count your blessings, not your blemishes
- Write a list of 10 things you love about yourself and add to it every day
- Posture! Stand up straight, don't curl your body inwards, and don't cover your stomach. If you stand up straight and proud and let it all be seen, you'll be perceived as confident and more importantly, you'll feel more confident.
- Turn the negative into a positive. Every time you catch yourself criticizing, try to see the good.
- Accept compliments! I know it can be hard when you don't agree, but just say thanks.
- Stop bullying yourself. You're your own worst critic.
- Rock what your mama gave ya!



Dealing with Nay-Sayers, Dream-Killers, Fun-suckers & Kill-Joys



There are always people around me telling me I'm insane and weird for doing the things I want to do. If you take what they're saying to heart, you'll end up sitting there right next to them, bored and bitchy.

I tell them to **F*#@# OFF** and I'm here to tell you why you should too.

Why You Think They Matter, But They Don't

It's hard to pour your heart and soul into a project or idea and devote countless hours and energy, for some smart-ass to shoot you down.

It hurts like a dagger in your heart and there is nothing worse than the stomach-dropping, throat-lumping feeling of a negative response.

People are negative because of their own insecurities, so push them aside, and let their comments roll off your back. There are always going to be people that laugh at your dreams. If you listen to them, you are doomed to fail.

How to Spot Them

Have you ever been around someone who, no matter how awesome your ideas about an activity to do, would just rather sit around and sulk than get up and do something? Or what about the friend that finds flaws in all your plans and goals? The chick pouting in the corner? **Yep. You found them. There they are.**

Stripping Them of Their Power

I've led a conscious effort to thicken my skin in the face of such gross negativity.

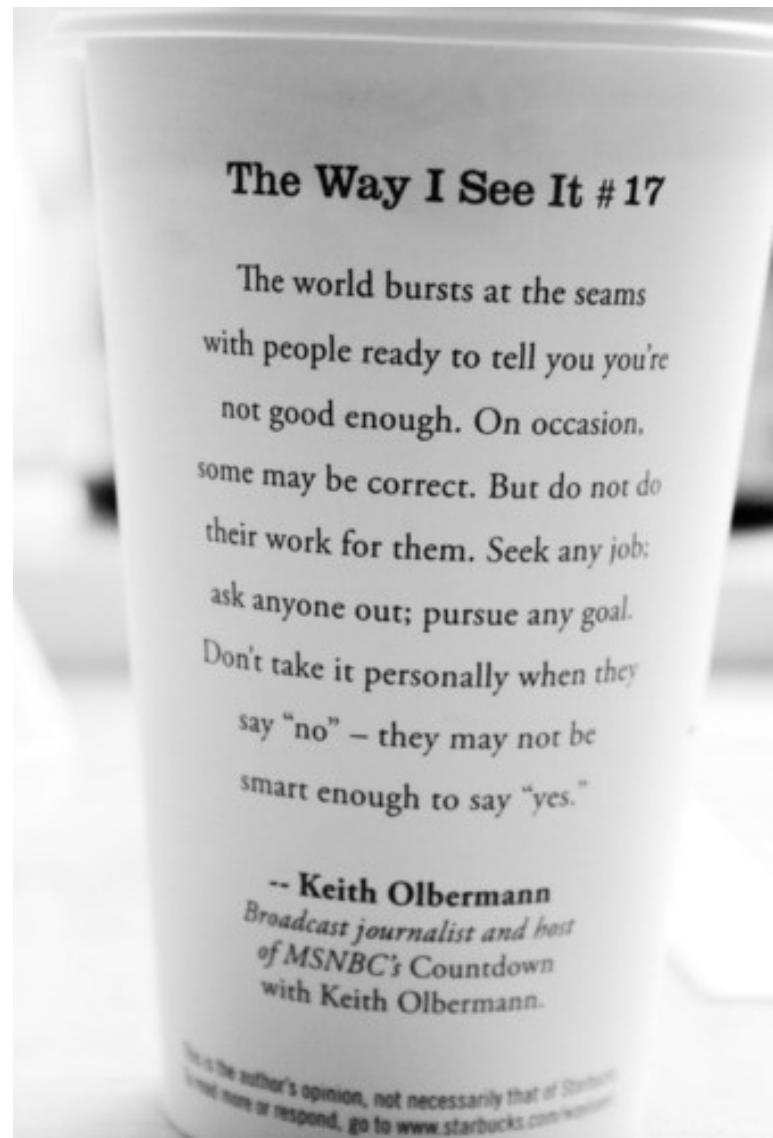
You need to build some armor, too.

Another necessary step, though, is to cut out these people completely.

You have the privilege of choosing who to surround yourself with.

Separate yourself from these people and don't let what they have to say get to you!

Surround yourself with people you respect, people smarter than you, and people who are genuine. Choose wisely and forget the rest!



The Importance of Honest, Loving Critics

Not everyone who has an opinion other than your own falls into the “nay-sayer” category. Constructive criticism is different from all out negativity.

On the path to being an adventurer, it's important to **ask to be kicked in the gut** sometimes.



What I mean is that there are few things more valuable than an honest, loving critic who will tell you how it is. You need someone out there willing to call you on your crap.

When you are screwing up and people stop caring, you know there's trouble.

Befriend Failure & Disappointment

Failure and Disappointment are old friends of mine.

We met back in Elementary School when I didn't win for Class President.
We rekindled our friendship when I had my heart broken for the first time.
Yes, me and these two fellas go way back.

Why They're Wonderful Companions

I hate to be the one to break it to you, but these guys are both necessary components in your life.

Know that you will make mistakes.

There will be embarrassing moments in your life and you may fall flat on your face, but things like that are inevitable.

Once we decide that it's okay to fall down, we are free.

As much as these two think they are Big Deals, they aren't.

We always seem to pick ourselves up and keep going.

We overcome these Wannabe-Bullies all the time.

**EVEN THE BEST
FALL DOWN
SOMETIMES**

How to Make Them Work for You

I know that it's cheesy, but the best way to befriend Failure & Disappointment and make them work for you is to learn from them.

They might be harsh, but **they are life's greatest teachers.**

Feel the pain, but don't get down on yourself. Think about what you can take out of the experience.

Is there a lesson to be learnt?

Is there something you can take from it that will inspire you to do things differently?

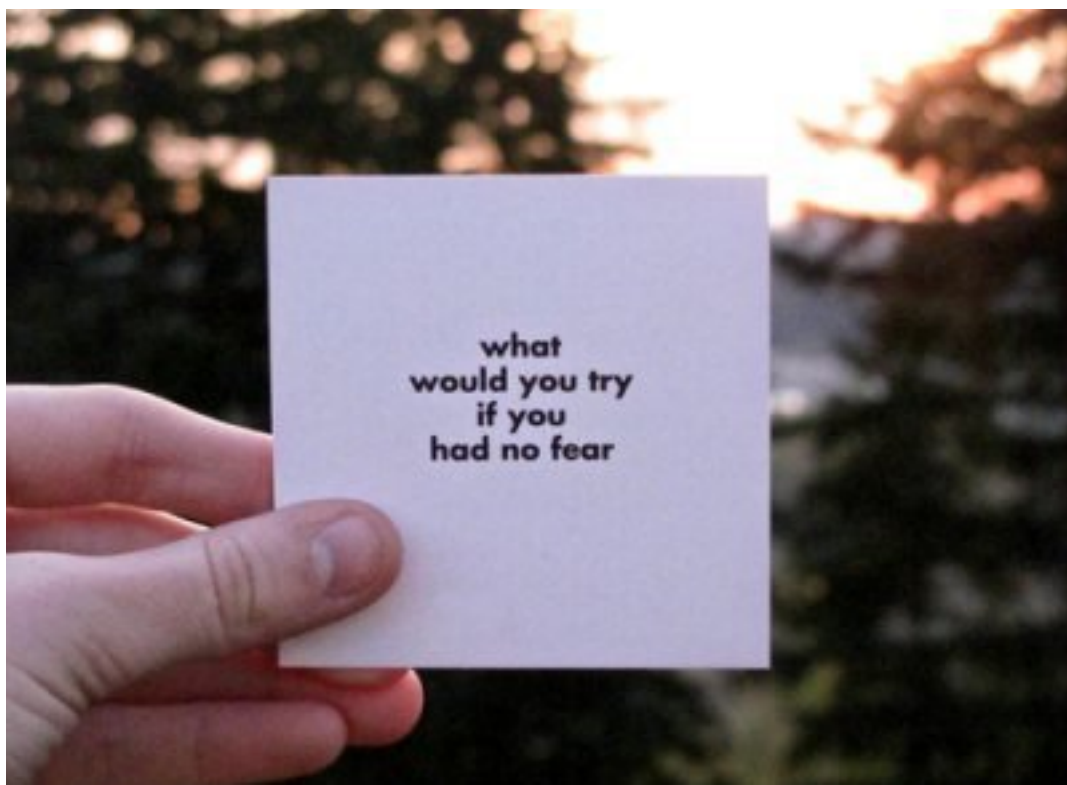
When something doesn't work out, just dust yourself off and move on. Failure and Disappointment are what make victory taste so sweet.

So, take the plunge and don't worry about failing.

The best adventurers fail all the time, the difference is that they don't let it shrink them. Instead they let their failures teach them so that they grow.

Always remember that your problems are not unique. Someone, somewhere, is going through the same thing. You will both get through it.

All we can do is to learn and decide to make better mistakes tomorrow.



"Success is the ability to go from failure to failure
without losing your enthusiasm."

Sir Winston Churchill

Don't Bail

In adventuring, persistence is key.

There are going to be a million and a half things that go wrong. All you can do is keep trudging on in the direction of your dreams.

Obstacles are put there, not to keep us out, but to see how much we want to get in.

“Experience is what you get when you don't get what you want”



Never Loose Your Childlike Wonder

When we were kids, we were fearless.

We jump off things, ask questions, and have an absolutely insatiable lust for life.

When we get older, we are cautious.

We “grow up”. Learning to be fearful and rational, we limit ourselves.

Remember when you were a kid and every five minutes you kept asking Why, What’s That, or How Come?

I challenge you to go back to that mindset.

Dig deeper into things and ask as many questions as you can.

Adventurers are always the people that look at something inquisitively. They question the status quo in search of their own paths.

They are eager to learn.



Why Asking Questions Makes You Smarter

Asking questions about things you'd like to understand more allows you to soak up information like a sponge. You'll appreciate things so much more if you have a better understanding through asking questions.

You'll learn a lot and much more quickly than if you were a non-questioning bystander.

Never assume you know it all.

Questioning things like a child saves us from being drawn into belief in lies.

This is an important step on the road to adventures.

Unleash your rabid curiosity on the world.

Watch where it takes you.

**I HAVE NO SPECIAL
TALENTS. I AM ONLY
PASSIONATELY
CURIOUS.**

-ALBERT EINSTEIN

An Adventurer's Perspective:

Lauren McLeod



Lauren is the cofounder of GlobeTrooper, an incredible site and blog connecting travelers from all over the world. She is traveling the world, kicking ass, and taking names. Did I mention we're going to circumnavigate the Indian Railway network with a bunch of other globetroopers?!

Site: globetrooper.com

Blog: globetrooper.com/notes

Twitter: [@globetrooper](https://twitter.com/globetrooper)

Here's what she had to say:

Advice: A tweaked acronym version of Nike's tag line, JFDI. If you find (or create) an adventure that's incredible, DO think about the positives and negatives, but don't let your own inhibitions get in the way. If you think you're not fit enough, or don't have the required skills, these are things that can be changed if you really want it. Just commit and do what it takes.

I'm currently homeless, living out of my small carry-on backpack, and have no clue where I'm going to be in a month's time. It scares me but also excites me at the same time.

Globetrooper is such an incredible site, do you view travelers and adventurers as being part of a community?

Thanks for the compliment! I definitely believe travelers and adventurers are a community. We can learn so much from one another from sharing our experiences, and it's great to meet other travelers on the road to share a part of your journey with and swap stories. We hope to grow a community of travelers and adventure travelers on Globetrooper for those reasons.

Well, I'm going to Peru soon, and I wouldn't say that I'm scared but just a little intimidated. I've never been to South America before, I can't speak Spanish... yet (we'll see where a week of non-stop Spanish podcasts will get me) and I've heard conflicting stories about theft/safety. I'll be cautious but open-minded. I usually read, read, read before I go to a new place, but that also spoils the surprise and wowser effect.

Being an adventurer to me means not being afraid to explore, surprise and challenge yourself beyond your norm.

listen, i'm getting too old for a lot of things. but i'm not too old for words. for a baggy pair of jeans and my boyfriend's t shirts. i'm not too old for wine in a paper cup and a marlboro everyone once in a while. i'm not too old for peter pan and i'm not too old to quote holden caulfield. i'm not too old to lay in my bed all day trying to get this story out of my skin, trying to burn it through the paper and leave my thumb prints hanging from each corner. i'm not too old to read books under my covers with a flashlight, not too old to stare at the glow in the dark stars stuck to my ceiling at night. i'm not too old to ride around with the windows down and simon and garfunkel turned up, because that's the way simon and garfunkel should be played. i'm not too old to jump on my bed and refuse to wash my hair. i'm not too old to run around bare foot with a smile stuck on my face even when times are hard. and i'm not too old to get out of here. next spring i'm taking off. to hear summer turn into fall. to listen as the leaves in a park somewhere whisper stories in my ear. to fall asleep in the rose gardens, wake up when winter laughs under my sheets. to write letters back home on paper napkins, make lightwaves feel like experiences. to make mistakes, to write poetry in the backseat of a bus, to exchange a thousand awkward words with people i've never met, to do things i have never done on my own before, to fail miserably time over time, to fuck up and never ever ever ever give up.

Become a Connector

One of the biggest secrets about adventurers is that they can't do it by themselves. Connect with the people around you and seek out those who are smarter than you. You'll be amazed at the doors that open up and the friendships you'll form on your way to amazing adventures.

Discover People's Stories

Genuine interest in other people cannot be faked and kindness is the most valuable asset in the world.

Absolutely everyone has an incredible story. Acknowledge this and try to learn at least one interesting thing from everyone you meet.

Everyone loves to talk about themselves, so just take advantage of that fact.

People's experiences serve as a wonderful source for learning new things.

Ask, listen, care, and learn.

Notice all the stories going on around you.

Reach Out to Smarter People

Chances are, the stuff you are trying to do has been done before. Seek out the people who have been there, and approach them!

People who are successful are not as scary as you think. They've been where you are sitting and chances are, they asked someone smarter than them for advice or guidance at some point, too.

You have nothing to lose and so much to gain by contacting these people.

Be interested and help them. There's a lot you can learn.

Why Success is Not Like Pizza

A lot of people read the last section and think

“Why should I help people be more successful? I need to focus on myself.”

Newsflash:

Success is unlimited, not a piece of pizza pie that you need to grab a slice of before it runs out.

Personal success doesn't have to mean taking some from someone else.

Helping others succeed does not hinder your own success.



An Adventurer's Perspective:

Beth Whitman



Beth Whitman is the author of the *Wanderlust* and *Lipstick* guides for women travelers. She is a world traveler, a smart cookie, a gutsy lady, and one of my heroes.

Site: wanderlustandlipstick.com

Twitter: [@wanderluster](https://twitter.com/wanderluster)

Here's what she had to say:

Advice: Really, the best advice is just do it. If you are at all nervous, seek out other people (either those whom you know personally or people from your social networks) who can provide you with advice and personal experience about whatever destination you've chosen.

I just think it's important to get out on the road and get out of your comfort zone, at least to some extent.

I don't see my friends or family nearly as much as I'd like to and that does remain important to me. But I do make so many other friends along the way when I travel, and forge relationships with people that I would never naturally cross paths with on a day to day basis. These people have turned out to be some of the most precious people in my life.

I usually want to throw up the day before due to a mixture of excitement and worry that I'll forget to bring something with me! This usually only lasts a few hours and then it just goes away.

On Being an Adventurer: To me, it just means getting out of your comfort zone. One person might consider a trip to NYC an adventure because she's never been. While someone else might want to go bike riding through New Zealand for a month.

I think it's important for women to have experiences on their own. It forces you to be responsible for yourself and when something goes wrong, and it always does, it gives you a way to discover your strengths and be self-reliant.

Give Until You've Got No More... Then Keep Giving

I think an important thing about being an adventurer is to constantly look for ways to make the world a better place.

To me, this means someone else to live to their fullest potential.

Think of a small way that you can impact this world in a positive way.

It doesn't have to be through conventional methods. It can be simple or complex. Grand or modest. Although being selfish is wonderful, ultimately the greatest satisfaction in life lies with discovering ways to impact others.



WE MAKE A LIVING BY WHAT WE GET,
WE MAKE A LIFE BY WHAT WE GIVE.

SIR WINSTON CHURCHILL



Part 2:

Diving Head-First into the Adventure Abyss

The adventure abyss is inescapable once you enter it.

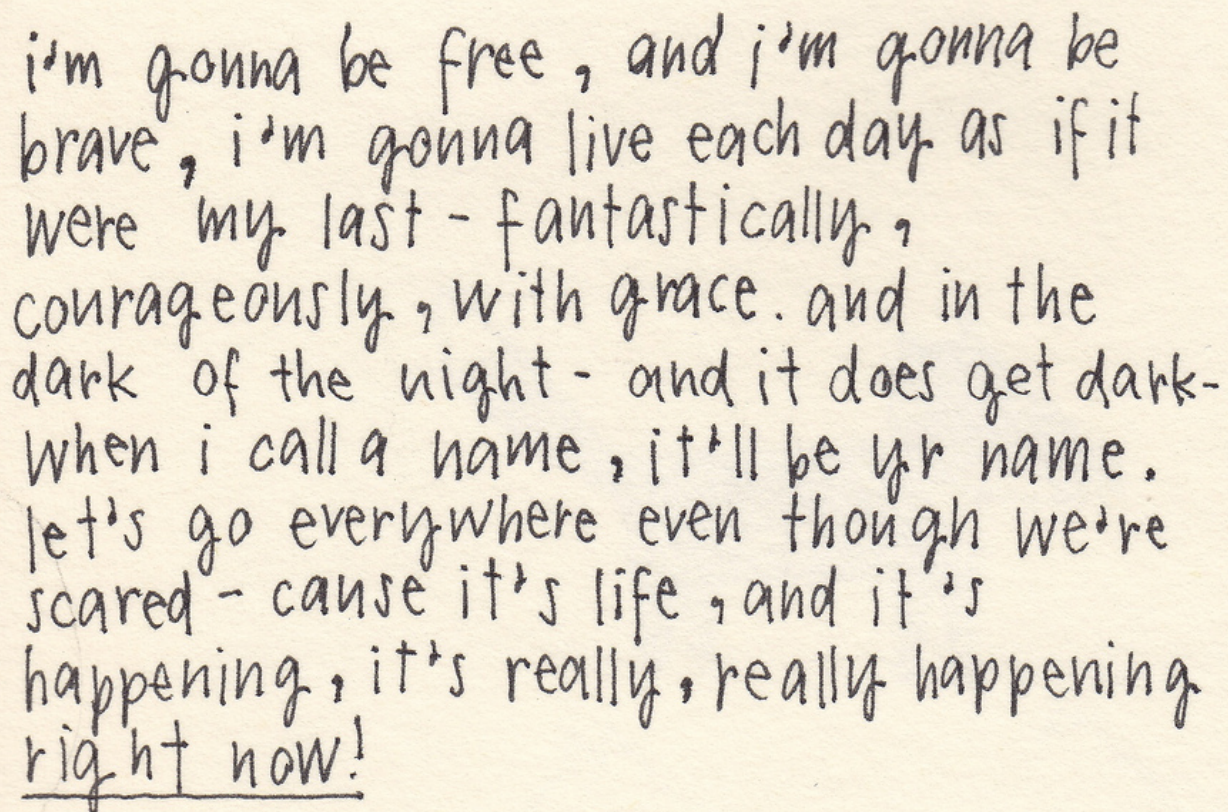
Sucking you in like a black hole, you will keep falling deeper and deeper into the pursuit of adventure and exploration.

If this excites you, **read on.**

So, you've got the attitude down...

In this section, you'll find out how to take action.

You've got to walk the walk, man.

A photograph of a handwritten note on a piece of aged, yellowed paper. The text is written in a cursive, handwritten style. The note reads: "i'm gonna be free, and i'm gonna be brave, i'm gonna live each day as if it were my last - fantastically, courageously, with grace. and in the dark of the night - and it does get dark - when i call a name, it'll be yr name. let's go everywhere even though we're scared - cause it's life, and it's happening, it's really, really happening right now!"

i'm gonna be free, and i'm gonna be brave, i'm gonna live each day as if it were my last - fantastically, courageously, with grace. and in the dark of the night - and it does get dark - when i call a name, it'll be yr name. let's go everywhere even though we're scared - cause it's life, and it's happening, it's really, really happening right now!

Bucket Lists and You

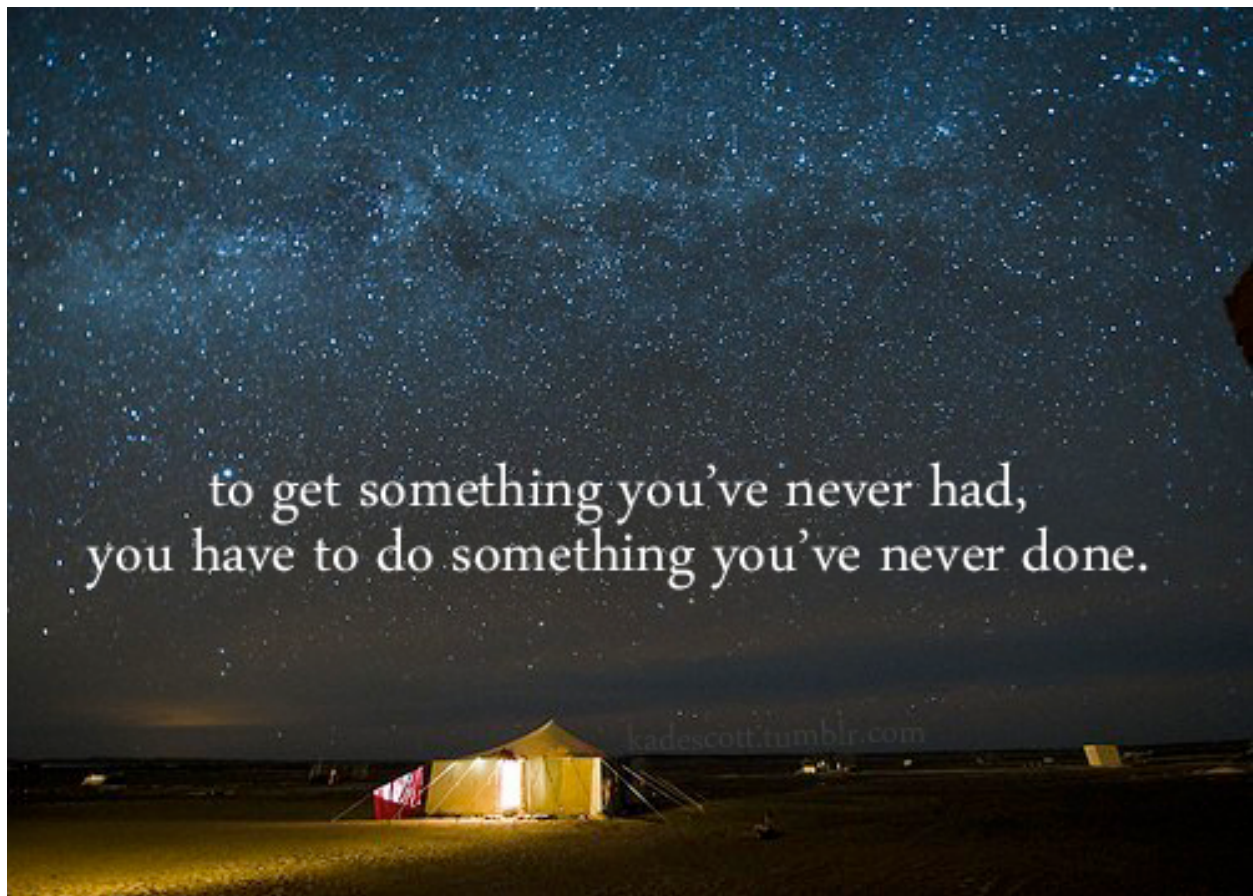
Life is short and one without aspirations is surely a wasted one.

Every single person on the planet has an idea of their perfect life, and dreams of doing certain things, no matter how mundane or silly they seem to everyone else.

Bucket Lists don't have to be extravagant and they don't have to have a bunch of off the wall things or impossibilities.

They should just be a list of ideas of things that you would love to experience that are unique to you.


No one wants exactly the same thing out of life, so no two lists will ever be identical.



Tips for Making Your Perfect List:

- Forget about what you're *supposed* to want to do and think for yourself! Your list should be as unique as you are.
- Ask yourself what you would want to do if money, time and responsibilities were irrelevant.
- Write down anything and everything that comes to mind, no matter how small or how bizarre.
- Be specific.
- Don't filter! The nagging voice in your head that is calling you names for wanting certain things needs to be turned off.
- Talk to friends and family about each of your dreams for an amazing conversation and inspiration for your list.
- Be persistent. Give your list the time, thought and energy it deserves.
- Never stop adding to your list! It's impossible to write down everything you will ever want to do or accomplish for the rest of your life in one sitting, so recognize that and always keep your list handy.
- Categories to Consider: Travel, Adventure, Fun, Fitness and Health, Social and Community, Finances, Career, Love, Family, Spirituality, Possessions

Curious about my list? You can check it out [here](#).



**“Dream in the
day as much as
you do at night.”**

Get Off Your Butt & Make Things Happen: Manifest Your Own Destiny!

So, now you have this awesome list... What's next?

A Bucket list means absolutely jack-squat without action to back it up.

Far too many people are armchair adventurers, dreaming up all the wonderful things they COULD be doing or WISH they were doing.

To all those people out there who complain about their boring lives:

Get off your butt and make things happen!

I believe everyone out there can be as remarkable as they choose.

I despise the Secret or Law of Attraction.

It advocates sitting around putting good vibes into the universe.

If you think long enough about becoming an adventurer, eventually the universe will make it happen...

BULLLLLLL-Shhhhhhizznit.

This is breeding a new type of person I like to call: The Couch-Potato-Adventurer.

They sit in their living rooms, watch adventure and travel shows, and wish they could be living that life. They never take a step towards actually achieving their dreams.

It's like the old Greek story of a beggar who prayed to a statue of his god every day to win the lottery, until one day the statue came to life, and the god said:

"I would love to help you... but first, you have to BUY A TICKET!"

Instead of waiting around for your next adventure to bite you in your ass, get out there and manifest your own destiny.

Ready. Fire. Aim.

We have to stop over analyzing and just go all out, balls to the wall! If you don't, you'll be dreaming of how wonderful your life can be instead of taking action to live that life right now.

Everyone can have the life they want.

All it takes is a little action.

Be proactive!

Throw yourself into the world whole-heartedly and you'll be surprised how many opportunities come your way.

There is no such thing as the perfect time or perfect place to do something.

There is only right now, so dive in.

Fix it as you go.



How to Turn an Idea into Action:

- When you find yourself wishing for something, ask yourself “What action can I take right now to make this happen?”
- Write it down. Tons of studies have shown that the simple act of setting a goal on paper increases the chances of moving towards it being accomplished.
- Think small, work towards bigger goals.
- Reach out to people. You’ll be surprised by how many seemingly unreachable people respond to genuine inquiries. You never know who might help you achieve your dreams.
- Just go for it!

“You don't have to see the whole staircase, just take the first step.”

- Martin Luther King, Jr.

Do something everyday regardless. Nothing will happen unless you first initiate a process of cause and effect. This starts with an action. Reawaken the possibility of possibility. Reawaken it with play.

SOMETIMES
PLAN BUT
SOMETIMES
WING IT

Let Go

Let go of something good in pursuit of something better.

Saying goodbye to things that you have become so used to having around you is tough. Trust me, I know first hand what it's like to tell someone I love that I have to be selfish and go after what I want.

But, in doing so, I gave myself permission to live my life the way I see fit.

I've come to realize that baggage, both physical and emotional, drag you down.

I have let go of most of my unnecessary junk in order to free myself.

Forgive someone. Accept your flaws. Say goodbye. Toss out your clutter.

Embrace the freedom it gives you.

Live with less limitations!



An Adventurer's Perspective:

Keith Savage



Keith Savage is leaving his job and going for a life of adventure. His poetic descriptions of his quest for a more fulfilling life always leave me hanging on every word.

Site: traveling-savage.com

Twitter: [@travelingsavage](https://twitter.com/travelingsavage)

Here's what he had to say:

You have to figure out a way to make yourself happy. I feel like you could go through your life and in the end realize that you don't know too much about you. It's important to not hide from hard questions. I was hiding from not knowing what to do with my life. I was just reacting to everything. I was dissatisfied. It's important to identify your passion.

I didn't feel like I was testing myself, and thought who knows what I can do if I could just stretch myself. I think it's amazing when you realize that you've done something you've never thought you could do. It's something that is dear to my heart.

Being an adventurer is an internal journey. For every person it's different: for some people it means riding a camel in Mongolia and sleeping in yerts, for other people it means following the footsteps of a famous artist in paris. It all comes back to a central feeling you harbor within yourself.

Advice: Spend time thinking about yourself. There's so much going on. You need to find a way to figure out what to do with your life because before you know it you'll be older and regretting things you didn't do when you were younger. Ultimately it will be the strength of your conviction that will carry you through.

Minimalism: Is it for You?

There's something so seductive about being able to carry everything you own on your back. The freedom it implies was more than enough for me to take the plunge.

What's that?

Minimalism can mean a few things. Typically, it refers to only owning a few possessions. It can, however, be applied to all areas of life.

I can pack all of my belongings up in a single carryon and over the shoulder bag and take off and it feels amazing not to have a cluttered mess of things I don't really need.

Parting with things I once couldn't live without has liberated me.

Some people don't resonate well with not having many possessions and that's fine.

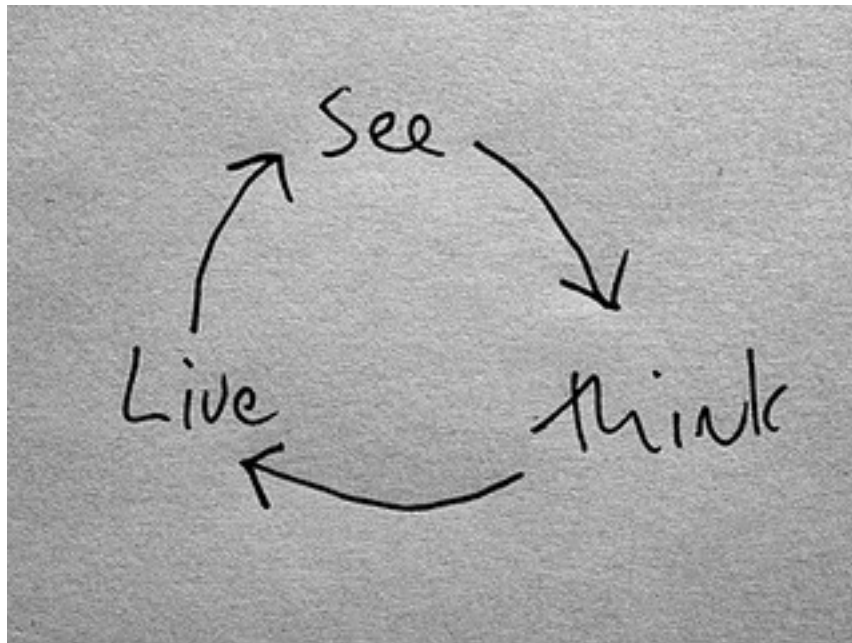
For those select few, those who embrace minimalism as a way of life and a gateway to freedom, excess is unthinkable.

Think long and hard about what's important to you.

Does the idea of not owning more than you need thrill you or terrify you?

If minimalism is not for you, all I ask is that from now on, you look at each purchase more carefully.

Do you need it, or is that money better spent on your adventure fund?



Document
everything you
consume or buy
in a week.

Is it all
necessary?

An Adventurer's Perspective:

Colin Wright



Colin Wright is on an epic journey in moving to a new place every 4 months (and his readers decide where he goes next!). He is an adventurer, an entrepreneur, a sustainable and minimalism living expert and a writer. Did I mention he's also a really remarkable guy?!

Sites: exilelifestyle.com & flashpack.co
Twitter: [@colinismyname](https://twitter.com/colinismyname)

Here's what he had to say:

I had never left the country before I started this project, and I don't like to do things in half-measures. There was a lot of lost time to make up for, so I figured I may as well go extreme or go home!

I like the idea of having a challenge, too, and setting up a life in 4 months is tough, but not impossible (I've done it twice already). Parkinson's Law essentially states that the amount of time you have to do something is the amount of time it will take you to do it. I'm putting that to the test each time I move, and so far it's holding true.

Being an adventurer means:

Pushing boundaries, testing limits, experimenting with expectations, putting yourself out there, being open to change, rolling with the punches, and occasionally being scared out of your mind (but still looking forward to it, and honestly not being able to do life any other way).

To me Minimalism means identifying what's important to you and getting rid of the things in your life that aren't. This can mean possessions (which is what people usually focus on), but it also means your time, energy and resources. Your expenses, relationships, activities and things that don't add value to your life should be tossed so that you can free up all that excess time, energy and space for things that truly matter. I think aspects of it could work for anyone, but the mainstream concept of Minimalism, which is essentially just getting rid of stuff, is definitely not for everyone.

Advice: Figure out how you will support your adventures FIRST.

I can't tell you how many adventurers, travelers and revolutionaries that I've met on the road who have amazing ideas and high ideals, but not enough money to continue their pursuits. Most of them I met just weeks or days before they had to head home to pick up day jobs so that they could eat.

Your plans will likely change as time goes by, but if your plan to support yourself while adventuring is to hope real hard and keep your fingers crossed, well...good luck with that.

Get Lost.


Wander aimlessly.

Don't try and guess the outcome.

Do the opposite of what you're used to.

Lose all sense of time & place.

Astonish yourself.



**We shall not cease
from exploration, and
the end of all our
exploring will be to
arrive where we
started and know the
place for the first
time.**

T.S. Eliot

An Adventurer's Perspective:

Derek Earl Baron



Earl is a new breed of explorer, has been traveling for over 10 years, has manned his fair share of cruise ships, and has an incurable addiction to world travel. He's been to places many of us only dream about, and writes informative articles on his site. He also has an awesome ebook about working on a cruise ship!

Site: wanderingearl.com

Twitter: [@wanderingearl](https://twitter.com/wanderingearl)

Here's what he had to say:

I approach every place I go to as an explorer, even though I know millions of people have gone to every corner of the earth already.

In my 11 years of traveling, my focus is on the small interactions. I feel it is a new mentality. I don't even care too much about the destination.

I cannot envision my life in a different way. I'm going to keep on traveling and keep on exploring. It's just a part of me.

The biggest hurdle I've overcome has been my friends, during the first 7 years of my traveling, telling me that I'm making a big mistake and wasting my life. Luckily I decided to stick with it and in the end it paid off. The best way to overcome that is to go out and prove yourself and show you believe in what you're doing.

Advice: If you really want to go now. Don't delay. Make it happen. Once you start on your adventure, you're gonna open yourself up to a world of opportunities that you wouldn't have known about otherwise. Stay open minded and open. Put your foot down and just go for it.

Being an adventurer is striving to journey beyond your comfort zone. It is challenging yourself and going into the unknown. It is those challenges that are going to be the hard ones but those are the most rewarding. The biggest adventure anyone can go on is following their true passion in life and to do that you really have to get out of your comfort zone.

Today is the day to dream of trips
to Paris, Listen to Simon & Garfunkle,
Karen Ann, & Beth Orton, draw Comics,
Celebrate, Write letters, drink Coffee,
Believe in more, read books, buy flowers,
take a walk, take a compliment, eat
fresh fruit, let go, kiss your boyfriend,
love your cat, plan on a cupcake,
think up new ideas, Compliment your
mom, rock OUT, stare at clouds,
take polaroids, laugh out loud,
make a list, turn off the computer,
buy new shoes, Shave your legs,
talk to muses, feel GREAT, plan a
trip, a dream, a way to take over
the world, finish something that is
still unfinished, believe you CAN

DO IT ALL.

Don't be a Sheep

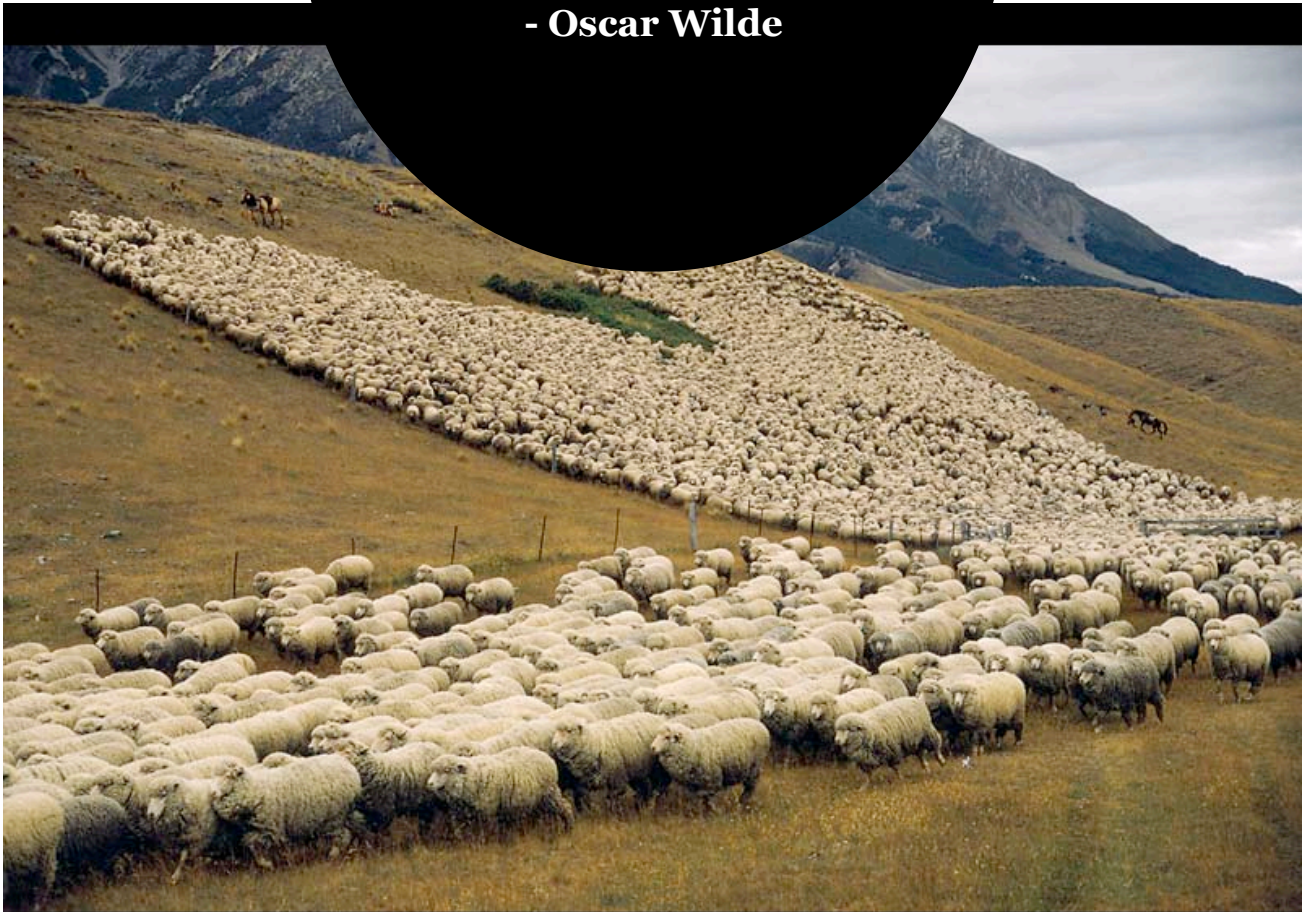
There is no right point of view. Why not challenge the norm?

Be you.

Don't follow the crowd. Stray from the ordinary.

A little rebellion every now and then is a good thing.

**Most people are other people.
Their thoughts are someone
else's opinions, their lives a
mimicry, their passions a
quotation.
- Oscar Wilde**



What a
day to
be
alive.

An Adventurer's Perspective: Raam Dev



Raam Dev is a philosopher, awesome writer, traveler and minimalist. He lives as a digital nomad and travels the world with a mission to develop sustainable abundance through living and working with purpose. He is inspiring.

Site: raamdev.com

Twitter: [@raamdev](https://twitter.com/raamdev)

Here's what he had to say:

I was terrified that I might be settling for never reaching my dreams. I had spent 28 years telling myself that "one day" things would change and that the time would eventually come when the moment was right.

But then one Friday late last year, I felt something inside me gasping for its last breath. I could feel a big part of me slowly starting to accept the routine sameness; that very thing that had felt like death for so long was becoming apart of me!

I had been suffocating my dreams for so long and they were finally getting ready to accept their fate. My dreams were on their deathbed. I knew that if I didn't do something, anything, very soon, holding onto those dreams would be an uphill battle for the rest of my life.

My gut, my intuition was screaming at me to do something. The fear of doing nothing became greater than the fear of the unknown. It was now or never.

I think the greatest benefit of going now as opposed to later was that now is here. Later might not be. There's no way to know what your circumstances will be tomorrow, what to talk of next year!

Advice: Start small. If you don't have the money or the freedom to fly to the other side of the planet, just go on a short all-day adventure to a place you've never explored but have always been curious about. There are so many places around you to explore!

Start big. If you have the freedom, block out three to six months and /just go/. Do some research online, email others who have travel experience, and figure out exactly how much money you'll need to survive at your destination. Reading blogs of others who have taken the plunge and are living the life you want to live is also a fantastic way to stay motivated! The more people you tell, the less likely you will be to back off!

The world isn't going to fall apart when you leave. Everything is going to stay exactly the way it is right now. Friends and family will continue living out their routine lives and wishing they were in your shoes. When you get back, the only thing that will have changed is you! You will have incredible experiences, new perspectives, and stories that others will listen to in awe and wonder.

To be an adventurer is to have an unquenchable thirst for experiencing things that few others get to experience. It's having a burning desire to explore and turn dreams into reality. To be an adventurer means to blaze a trail in the darkness of ignorance, while shining our only light behind us for others to follow. It means using dreams as guideposts instead of accepting them as impossible. It means climbing mountains of impossibility, planting a beacon for others to follow, and then, without taking a break, making our way to the next impossible summit. It means having a passion to see things from a new perspective and to recognize that we are but mortals in this playground of life. It means to refuse accepting the status quo and to demand from ourselves the realization of our greatest human potential.

Document Your Adventures

Become a Storyteller

Keeping an account of all your adventures gives you a place to store all of your memories and look back on them and smile whenever you choose.

Write, sketch, take pictures, be creative!

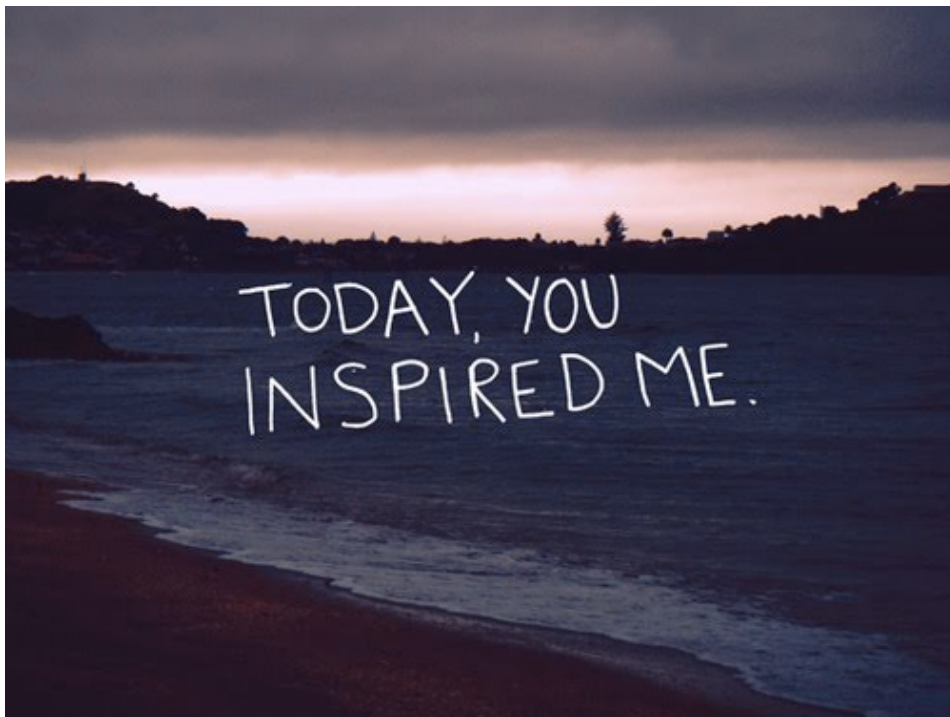
Telling a story about your experiences forces you to make connections instead of simply living through it.

Never leave home without a notebook and pen.

Create a Community

Creating a blog is an amazing way to let your friends and family know your alive, for one, but it also gets others involved in your adventures.

Sharing your experiences could inspire someone else to embark on their very own journey. You never know!



Watch and Be Inspired

Randy Pausch Last Lecture: Achieving Your Childhood Dreams

http://www.youtube.com/watch?v=ji5_MqicxSo

Gabrielle Bouliane (Austin Poetry Slam)

<http://www.youtube.com/watch?v=gePQuE-7s8c>

Steve Jobs Commencement Speech

<http://www.youtube.com/watch?v=D1R-jKKp3NA&>

Wear Sunscreen

http://www.youtube.com/watch?v=xfq_A8nXMsQ

GO!

Start your life as an adventurer. Go for it and never look back.

I hope you've enjoyed this e-book!

For updates and to check out some of my adventures, go to ifyouneverdid.com

what are you waiting for?

Join the journey. Start by thinking about and creating your own Bucket List. Explore the most popular posts. Jump in the rabbit-hole head first.

Share your experiences. I love hearing from you. Share any stories, ideas, or input by [email](#) or by commenting on a post.

Let's start a revolution. Join the tribe. Spread the word. Keep in touch.

Let's be friends. Say hello on [twitter](#). Connect on [facebook](#). Drop me [a line](#).

