

adventure
is calling...



adventure list

Creating an adventure list is a great way to get started discovering things that light you up inside. It's also a chance to spend intentional time with those you love!

Let's get started! Adventure is calling!

STEP 1: INTEREST INVENTORY

This sheet gets your brain thinking about all the things that interest you right now in your life. It also gets you thinking about all the new things you would like to explore. Be sure to print out 2 if you are planning to make your list with someone!

STEP 2: CREATE YOUR LIST!

This part can seem overwhelming but I got you covered! I created a list of 50 adventure ideas to help you get started! It is part of the free printables [here](#)! Now make a list of all the fun adventures to do together! Have fun creating this list!

»»» adventure list «««

STEP 3: START MAKING MEMORIES

How do you make time to do these adventures? Plan ahead and mark it down on your calendar as a priority!

That's what it takes as our kids get older. It takes intentional planning. You may discover something you both LOVE to do! Remember, nothing great comes from comfort zones!

STEP 4: DOCUMENT YOUR MEMORIES

Make sure to take some photos during your adventures! I created a fun Adventure Journal so that you can create a keepsake of all the memories that you made! This is also a FREE printable for you!

I am so excited to help you create memories and connect!

Be sure to share your adventures with me!
@theschoolhousesite #graciousadventures



interest inventory

My favorite food & restaurant: _____

My favorite TV shows/movies: _____

My hobbies: _____

My favorite season of the year: _____

My favorite way to relax: _____

A place I would like to visit: _____

Something I always wanted to learn/try: _____

I am most happy when... _____

Something nice I have always wanted to do for someone: _____

Circle everything that interests you!

biking

sports

arts/crafts

travel

hiking

pottery

animals

gardening

bake/cook

learn a skill

music

outdoors

yoga

museums

photography

dance

sewing

fitness

volunteer

reading

List anything else that you are interested in: _____



50 MOM & DAUGHTER ADVENTURE IDEAS

Make a vision board

Set a goal together

Start a gratitude journal

Get crafty & make something

Spend the day giving back

Go to a midnight movie premiere

Go on a road trip

Read the same book

Take pictures in a photo booth

Take a local class to learn a new skill

Plan a picnic outside

Have a game night

Take a photography class

Take a walk in nature

Take a meditation class

Take an online class to learn a new skill

Make an adventure list Pinterest board

Travel to a new city

Be a tourist in your own city

Watch old movies together

Paint each other's nails

Visit a spa

Paint pottery

Have a pajama day

Take a yoga class

Bake something from scratch

Cook an old recipe with grandma

Have a photo shoot

Watch the sunrise

Watch the sunset

Make a custom wood sign

Take a floral arrangement class

Watch YouTube tutorials

See a play/ballet/Broadway show

Make homemade ice cream

Go to a concert

Run/Walk a race together

Look through old photos together

Look through your old yearbooks

Take a cooking class

Go to a paint night

Exercise together

Have a coffee/smoothie date

Take a walk together

Go to a museum or aquarium

Learn to sew

Shopping trip

Learn to hand letter/calligraphy

Learn to bake/frost a layered cake

Create an adventure journal together



Adventure List



have fun ~ explore ~ be you ~ make memories ~ learn ~ love



adventure journal

Nº. _____

date: _____ with who: _____

activity: _____

inspiration for this : _____



_____ favorite memory: _____

_____ favorite memory: _____



our adventure