

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!
@graciousadventures #graciousadventures



email: laura@graciousadventures.com

 *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 journal

Nº. _____

date: _____ with who: _____

activity: _____

inspiration for this : _____



our favorite memories: _____



our adventure