

Adventure Within

Your 5-day Adventure
& Wonder Challenge



Welcome to Your Next Chapter

Travel isn't about collecting passport stamps or checking destinations off a list. It's about saying yes to experiences that remind you who you are.

Somewhere between the mountain overlooks, quiet mornings with a cup of coffee, conversations with strangers, and sunsets you've never seen before, something begins to change. You realize you're stronger than you thought, braver than you believed, and that adventure has no age limit.

If you've spent years putting your career, your family, or everyone else's needs first, this is your reminder that it's okay to choose yourself. The world is still waiting, and your next chapter can be filled with new places, meaningful connections, and stories you'll tell for years to come.

Inside this mini guide, you'll find a five-day Adventure & Wonder Challenge designed to help you explore, discover, grow, and find a little more wonder in your everyday life. No plane ticket required.

Why I Created This Guide

For fourteen years, I helped other people navigate life's biggest transitions as a school counselor. I began to realize I had become really good at helping everyone else write their next chapter while forgetting to write my own.

So I made a decision that scared me. I stepped away from the career I loved, downsized my life, moved into an RV with my two dogs, and started saying yes to adventures that had been waiting for "someday."

What I discovered surprised me. Adventure didn't just change where I traveled. It changed how I lived. It reminded me to stay curious. To embrace uncertainty. To notice moments of wonder. To believe in something bigger.

That's why I created this guide. Not to tell you where to go. But to help you discover what becomes possible when you finally say yes to your own next chapter. Let's go find some wonder.

— Cassie

Founder, cBell Adventures

Adventure Begins with Wonder

When most people think about travel, they think about places. I think about moments. The moment you round a bend in the trail and your breath catches at the view. The first time you hear nothing but wind moving through the trees. The laughter shared with someone who was a stranger just hours before. The quiet realization that you're stronger, braver, and more capable than you gave yourself credit for.

Those are moments of **wonder**.

Wonder isn't something you can schedule. It isn't found only in famous landmarks or faraway countries. It's the feeling of being fully present. It's noticing something so beautiful, unexpected, or inspiring that, for just a moment, the rest of the world fades away.

Scientists call this feeling **awe**, and research suggests that experiencing awe can help us feel more connected, more grateful, and more open to new possibilities. It has a way of quieting our busy minds and reminding us that we're part of something much bigger than ourselves.

That's why I've created this five-day Adventure & Wonder Challenge.

The adventure encourages you to step outside your comfort zone. The wonder invites you to slow down, pay attention, and experience the world with fresh eyes. Together, they create something far more meaningful than a vacation. They create memories that shape who you become.

As you explore these adventures, don't just ask yourself, "*What did I do today?*"

Ask yourself,

"What filled me with wonder today?"

Because sometimes the most life-changing part of the journey isn't where you went—
It's how you learned to see.

5-day adventure and wonder challenge

Adventure doesn't require a plane ticket, a packed suitcase, or a perfectly planned itinerary. Sometimes it begins with an open afternoon, a little curiosity, and the willingness to try something new.

Over the next five days, I'm inviting you to explore the world around you. To discover a little more about yourself along the way.

Each day includes three simple steps:

- Adventure: do something that takes you beyond your usual routine.
- Wonder: Slow down and notice what you might otherwise miss.
- Reflect: Take a moment to consider what the experience taught you.

You don't have to complete these challenges on five consecutive days. Make them your own, go at your own pace, and remember: the goal isn't to check another box. It's to experience something.

Let's go find some wonder!

Day 1: EXPLORE

Take the Road Less Traveled

When was the last time you went somewhere simply because you were curious?

We get so comfortable with our routines that we sometimes forget how much there is to discover right outside our doors. Today, your adventure begins by going somewhere new.



Your Adventure

Choose a place you've never visited within 30 minutes of home. It might be a hiking trail, a neighborhood, a small town, a local market, or a park you've driven past a hundred times.

Give yourself at least an hour to explore without a rigid agenda.

Take a different street. Step into a local shop. Follow a trail you've never walked.

Let curiosity lead the way.



Find Your Wonder

Pause somewhere along the way. Put your phone away for a moment and take in your surroundings.

Notice the sounds, colors, people, and little details you might normally overlook.

What catches your attention when you're not rushing to get somewhere?

Your Reflection

What did I discover when I stepped outside my usual routine?

☐ Adventure completed!

Day 2: DISCOVER

Follow Your Curiosity

Remember when you were a kid and everything was worth exploring?

Somewhere along the way, we start sticking with what we know. Today is about rediscovering that curiosity and giving yourself permission to try something simply because it interests you.



Your Adventure

Choose something you've been curious about but haven't made time for.

Take a yoga or dance class. Visit a museum. Try a new cuisine. Learn a new skill. Attend a local event. Explore a hobby you've always wondered about.

It doesn't have to be expensive or elaborate. It just has to be new to you.



Find Your Wonder

Approach the experience with a beginner's mind.

Pay attention to what surprises you. Ask questions. Notice what makes you smile, laugh, or want to learn more.

You don't have to be good at something to enjoy discovering it.

Your Reflection

What sparked my curiosity today, and what would I like to explore further?

☐ Adventure completed!

Day 3: GROW

Get a Little Uncomfortable

Growth doesn't always happen on mountaintops or during grand adventures.

Sometimes it happens when you walk into a room where you don't know anyone, try something you've never done before, or finally say yes to an experience you've been putting off.

Today, we're stretching that comfort zone—just a little.



Your Adventure

Choose one manageable thing that feels slightly outside your usual routine.

Go to an event on your own. Try a beginner-friendly outdoor activity. Strike up a conversation. Sign up for a class. Take yourself somewhere you've been waiting for someone else to accompany you.

Choose something that feels challenging but safe.

You don't have to be fearless. You just have to be willing to begin.



Find Your Wonder

Notice how you feel before, during, and after the experience.

Was the anticipation harder than the adventure itself? Did something surprise you? Did you discover that you're more capable than you expected?

Give yourself credit for showing up.

Your Reflection

What did I learn about myself when I tried something outside my comfort zone?

☐ Adventure completed!

Day 4: TRANSFORM

Challenge Your Old Story

Sometimes the biggest thing standing between us and a new adventure is a story we've been telling ourselves.

I'm too old. I'm not adventurous enough. I can't do that alone. I wouldn't know where to start.

But what if that story isn't the whole truth?

Today, we're exploring what's possible when you question one of those assumptions.



Your Adventure

Think of something you've wanted to experience but have talked yourself out of.

Write down the belief that's been holding you back. Then choose one small action that challenges it.

If you've told yourself you can't travel alone, plan a solo afternoon.

If you think you're not outdoorsy, explore an easy trail.

If you've decided you're too old to learn something new, sign up for a beginner's class.

You don't need to make a life-changing decision today. Just take one step toward a possibility you've been overlooking.



Find Your Wonder

Notice what happens when you give yourself permission to try.

You may discover a new interest, a little more confidence, or simply a different way of seeing yourself.

Transformation doesn't have to happen all at once.

Your Reflection

What belief did I challenge today, and what new possibility can I see?

☐ Adventure completed!

Day 5: COMING HOME

Bring the Adventure With You

The best adventures don't end when we return home.

They change the way we see familiar places, how we spend our time, and what we're willing to say yes to next.

Over the past four challenges, you've explored somewhere new, followed your curiosity, stretched your comfort zone, and questioned an old assumption.

Now comes the important part: What will you carry forward?



Your Adventure

Choose one thing from this challenge that you want to bring into your everyday life.

Maybe it's exploring a new place once a month. Trying a different activity. Spending more time outdoors. Making room for spontaneous experiences. Or simply putting your phone away long enough to notice the world around you.

Make a small, specific commitment to yourself.

Put your next adventure on the calendar.



Find Your Wonder

Return to a familiar place—a park, your backyard, your neighborhood, or somewhere you visit regularly.

Spend ten minutes experiencing it as though you're seeing it for the first time.

What do you notice now that you might have missed before?

Your Reflection

What do I want more of in my life, and what is one adventure I can say yes to next?

☐ Adventure completed!

✨ The "One Neighborhood" Rule

No matter where you travel, choose one place that isn't on your must-see list.

Spend a few hours exploring without an agenda. Walk the streets. Visit a local coffee shop. Browse a bookstore, market, or neighborhood park. Talk to someone who calls this place home. (My favorite)

Leave room for curiosity to lead the way.

You may not find the attraction everyone posts on social media—but you just might discover the moment you'll remember long after the trip is over.



✨ Pack This Instead

- ✓ Curiosity instead of expectations.
- ✓ Flexibility instead of a rigid itinerary.
- ✓ Courage instead of certainty.
- ✓ Presence instead of perfection.
- ✓ A sense of wonder wherever you go.

My Adventure Reflection

The moments that made me feel most alive were:

The biggest thing I discovered about myself was:

Something I want to carry into my next chapter is:

My Adventure Manifesto

Adventure does not have to wait for the perfect time, the perfect opportunity, or the perfect version of myself.

I choose to stay curious.

I choose to say yes to experiences that help me grow.

I choose to make time for wonder, exploration, and connection.

I choose to continue discovering the world—and myself—in new ways.

My next adventure begins when I decide it does.

My next adventure goal:

One brave step I can take this month:

One thing I want to explore, discover, grow through, or transform:

Your Adventure Doesn't End Here!

You've explored somewhere new, followed your curiosity, stepped outside your comfort zone, and made a little more room for wonder.

Now, let's keep that adventure going!

At cBell Adventures, I create opportunities to explore new places, try new things, connect with others, and discover a little more about ourselves along the way.

Find Your Next Adventure



Adventure Rendezvous & Group Travel

Ready to take your adventure beyond these pages? Join me for yoga, hiking, new experiences, and meaningful connections. From weekend retreats to group travel, we're creating opportunities to explore together.



Custom Travel Planning

Have a destination or experience on your bucket list? Let me help you turn that idea into an adventure designed around your interests, travel style, and budget.



Adventure Within | The Complete Book

Enjoyed this mini guide? The complete book is in the works, with personal travel stories, destination inspiration, and Adventure & Wonder Challenges to help you create meaningful experiences of your own.

Ready for What's Next?

Explore upcoming adventures, discover travel opportunities, and see what I'm working on at: www.cbelladventures.com

EXPLORE MORE ADVENTURES →

See you out there!

— Cassie

Founder, cBell Adventures