

Adventurous – 2nd pillar of the RAD method

Create YOUR path

Adventurous means creating YOUR path so you can enjoy and can sustain the journey to get to your goal.

This exercise is about rethinking your current pursuit of your goals.

Take one goal and note down how you are currently pursuing it. What do you do to reach that goal?

Then write down, what you like about this process and what you don't like? After that, see if which side has more impact in your daily pursuit of your goal. Is something always inhibiting you to go through the process? Then, focus on all the things you don't like about the process and look how you can actually turn them into a process you enjoy. If you have trouble with this exercise, check out the example below and I also encourage you to go through the REAL exercise first.

Your goal: i.e. Exercising

What do you do to reach that goal? i.e. I go to the gym every day

What you like about this process and what you don't like?

i.e. I like seeing the changes of my body and that I feel better but I hate doing weight training which is very boring

Which side has more impact in your daily pursuit of your goal? Is something always inhibiting you to go through the process?

i.e. I have every day the inner fight to drag myself into the gym. It has become quit a burden

Focus on all the things you don't like about the process and look how you can actually turn them into a process you enjoy.

i.e. Instead of doing weights, I should do Zumba. I love it and I start looking forward to it every day. I still exercise and feel healthier and fitter but this time I actually love the process.