

Draft Your Own Adventure Resume

by Cynthia Morris

“Life is a daring adventure or it is nothing at all.” -- Helen Keller

Draft your own Adventure Resume

Start by mapping a timeline in a document, or better yet, on a big piece of paper. You can go back as far as you'd like.

Generate a list of things you've done, adventures you've had, risks you've taken. You can also do this in a more artful way if it suits you. Try different forms: a map, a chart, a drawing...whatever structure suits you and your unique stories is great. Use whatever materials you have on hand to create your own Adventure Resume. Have fun with paint, colored pencils, markers or pens.

Once you've done this, step back. Return to the Adventure Resume a while later. What do you notice?

Next, draft a list of values you suspect lie underneath your actions. You may add them to the Adventure Resume so you can see it all in one document.

For example, travel is a big part of my experience. But travel itself isn't a value. What fuels me about travel is discovery, challenge, learning, surprise.

When you have your Adventure Resume drafted and your values identified, what do you notice? What's different as a result of this process?

I'd love to hear how this impacted you. Feel free to write to me with comments or questions.

The Adventure Resume is a powerful exercise my clients love. There's a certain type of person - call her a maverick or an outlier - for whom this exercise really resonates.

This process offers a way to very clearly see what's important to you over the course of your lifetime. This map of your decisions and choices reveals the deeper you as reflected by your values.

Think of the Adventure Resume less as a list of your jobs and the practical skills you've acquired, but instead as a course charting the peak experiences of your life. Where have you taken risks? How have you created your own path and followed your original impulse?

If you look at my Adventure Resume on my web site, you'll see a clear pattern. I've taken a lot of solo trips and I've studied a lot on my own. I've also written and published a lot.

If we put on our values lens, we can notice that underneath those activities are my values of learning, travel, discovery and creativity. I can see that again and again, I will choose to invest in a plane ticket or a workshop instead of buying a car or a house.

Why does this help me align with my authenticity? Because many of my choices - and yours, too, I bet - are not the traditional choices. There may be people in your life who don't get you and who may judge your choices as foolish. But that's okay. The Adventure Resume helps *you* get *you*. This process helps you understand who you are at a fundamental level. It reveals your original impulse.

When I first did this, I also had an unexpected insight. I was about 33 years old at the time. I still felt like I was questing to discover who I was and what I had to offer. When I saw my adventures mapped out, I realized that I had already done a lot. My impact on the world had been positive. I felt like if I were to die then, I would be at peace. This was a big surprise for me, and a real gift.

Let me be clear: adventure isn't just about travel. Adventure takes many forms: parenting, owning and renovating a home, starting a business, going into the armed forces. Your Adventure Resume will clearly show your own original impulse.

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