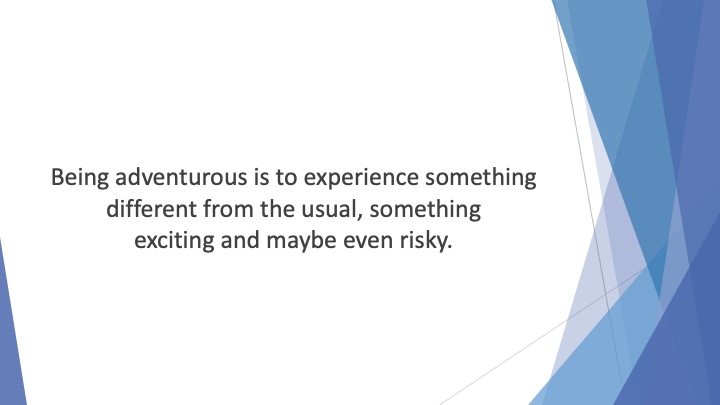
**Chapter 7: Be Adventurous**

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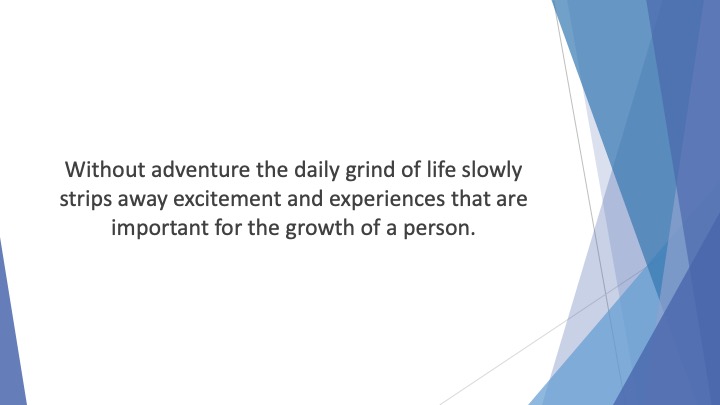
**S1** : In this video, we’ll discuss about “Being Adventurous”



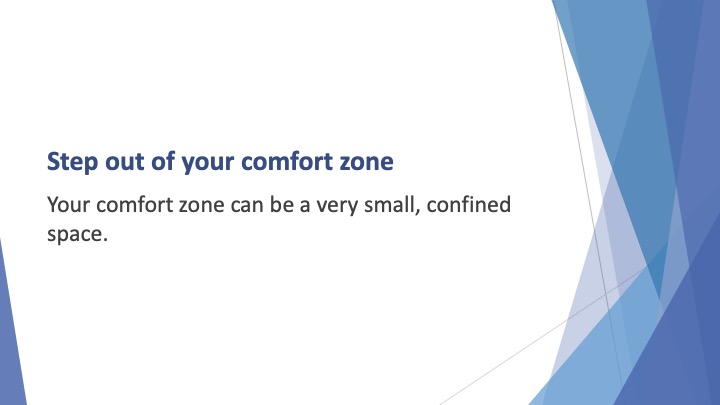
**S2** : Being adventurous is to experience something different from the usual, something exciting and maybe even risky. For every individual the word 'adventure' means different things. For some it may just be staying up late and out past the curfew, and for others it could be skydiving.



**S3** : Every one finds different things to be exciting and adventurous. Whatever it means to you as an individual, everyone should feel it often enough to make memories, and to make life worth the while.

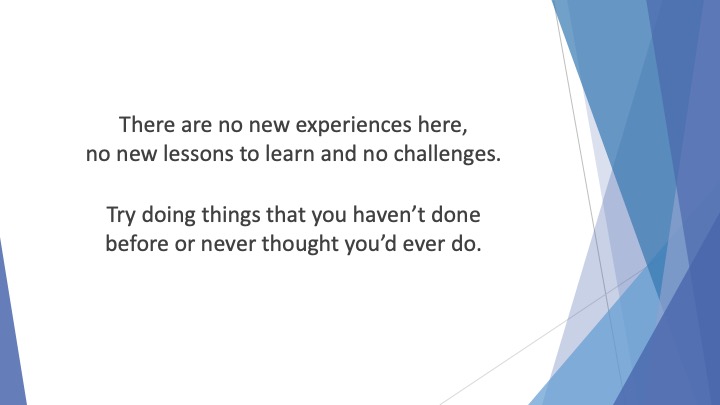


**S4** : Without adventure the daily grind of life slowly strips away excitement and experiences that are important for the growth of a person. Adventures contribute in keeping relationships from getting boring. They contribute in letting you keep our personality from becoming dull.



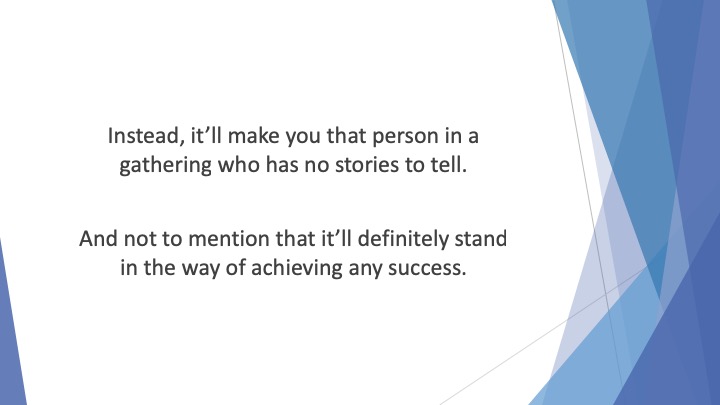
**S5 : Step out of your comfort zone**

Your comfort zone can be a very small, confined space. In this small space, all things are familiar to you.



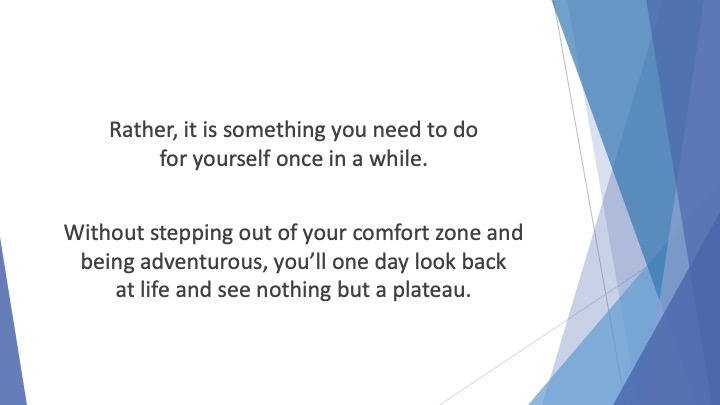
**S6 :** There are no new experiences here, no new lessons to learn and no challenges.

Stepping out of your comfort zone means trying new things that you’re not comfortable or familiar with. Try doing things that you haven’t done before or never thought you’d ever do. Push yourself to get new experiences, to get some excitement in life. Confining yourself to the comfort zone will never allow you to grow as a person.



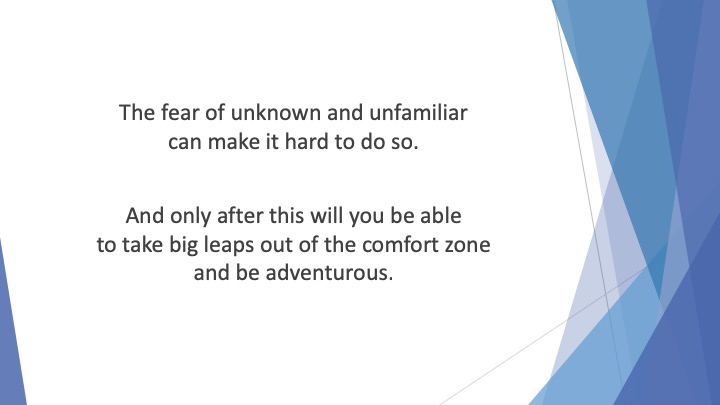
**S7 :** Instead, it’ll make you that person in a gathering who has no stories to tell. It’ll make you that person no one invites to hang out anymore because you’re not open to trying new things.

And not to mention that it’ll definitely stand in the way of achieving any success.



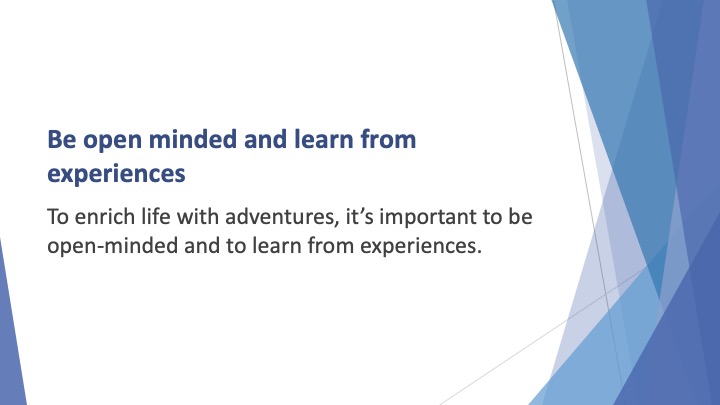
**S8 :** It does not mean that you need to transform everything about you over night. Rather, it is something you need to do for yourself once in a while. You can never enjoy doing the same things over and over. A little adrenaline rush never did any harm.

Without stepping out of your comfort zone and being adventurous, you’ll one day look back at life and see nothing but a plateau. Adventures and things we do for excitement are the 'highs' in life. The best and most joyful moments can never being experienced in that small confined place we call 'comfort zone'.



**S9 :** The fear of unknown and unfamiliar can make it hard to do so. But once you learn to take little steps out of the comfort zone, you realize how the benefits far exceed the fears.

And only after this will you be able to take big leaps out of the comfort zone and be adventurous. It’ll help you learn more about yourself, about your strengths and weaknesses.

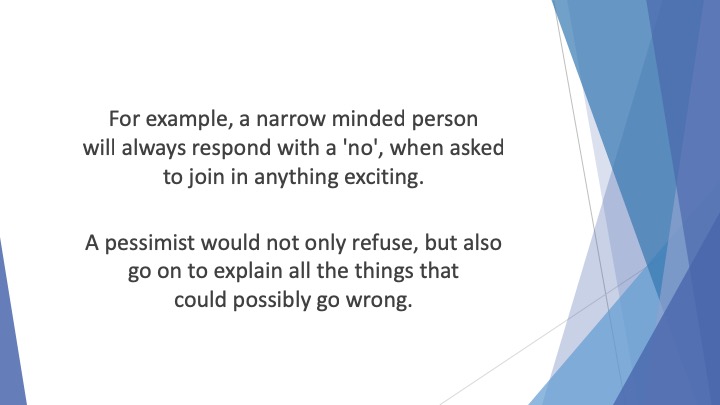


**S10 : Be open minded and learn from experiences**

To enrich life with adventures, it’s important to be open-minded and to learn from experiences. To be open minded is to accept that there are things you don’t know about, and also things that you could be wrong about.

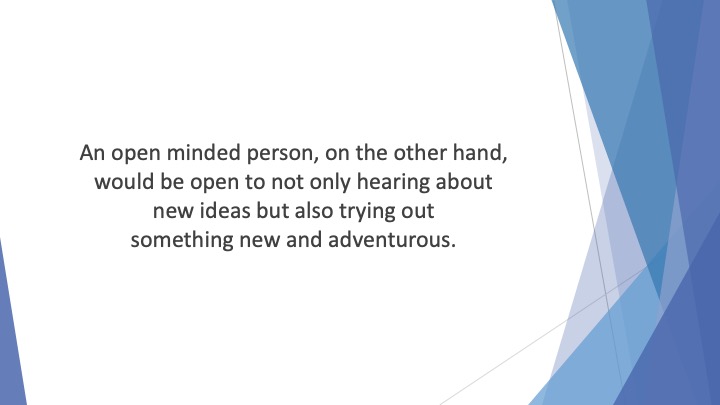
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**S11 :** It means to be open to the idea of changing your thoughts, opinions and perceptions from new experiences and being open to new challenges, and ideas.

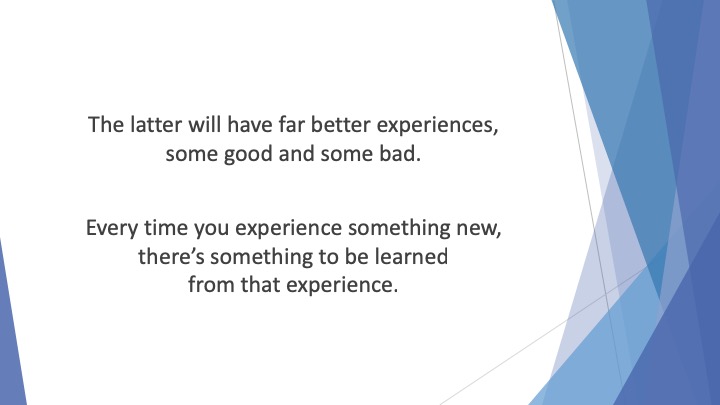


**S12 :** For example, a narrow minded person will always respond with a 'no', when asked to join in anything exciting.

A pessimist would not only refuse, but also go on to explain all the things that could possibly go wrong.

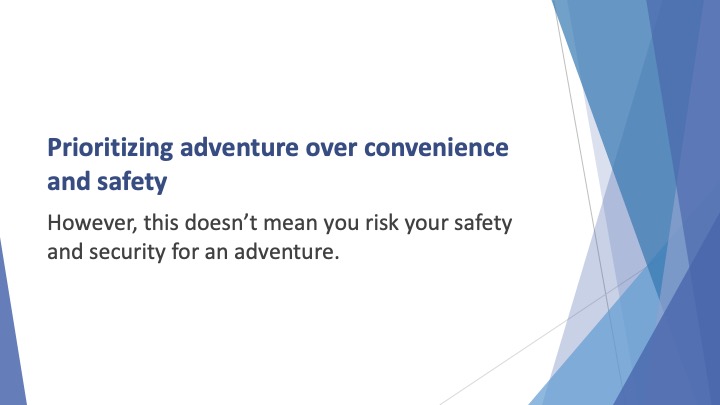


**S13 :** An open minded person, on the other hand, would be open to not only hearing about new ideas but also trying out something new and adventurous. It is the same as one ordering the same thing from the menu every time compared to one trying out new items and cuisines.



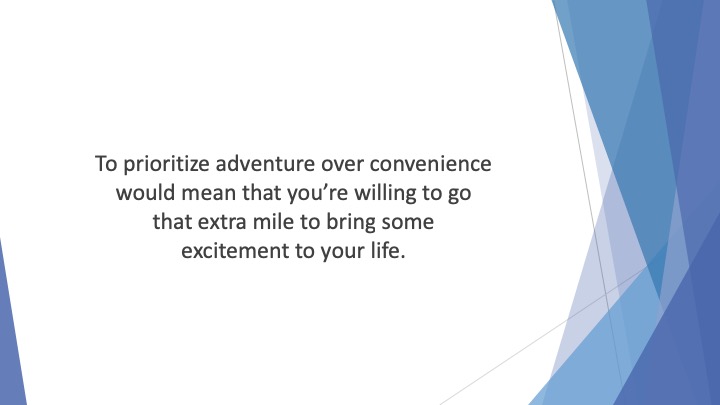
**S14 :** The latter will have far better experiences, some good and some bad.

Every time you experience something new, there’s something to be learned from that experience. Just as a traveler learns about the hospitality of people in particular place, the different foods to try out there, or the problems to be wary of. On the contrary, someone who is too afraid to invest so much time, energy and money on travelling and getting out of the comforts of home will learn nothing new from living each day exactly the same as the previous.

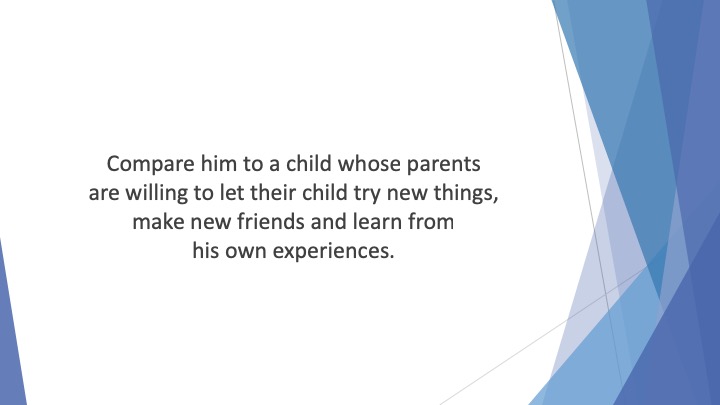


**S15 :**  **Prioritizing adventure over convenience and safety**

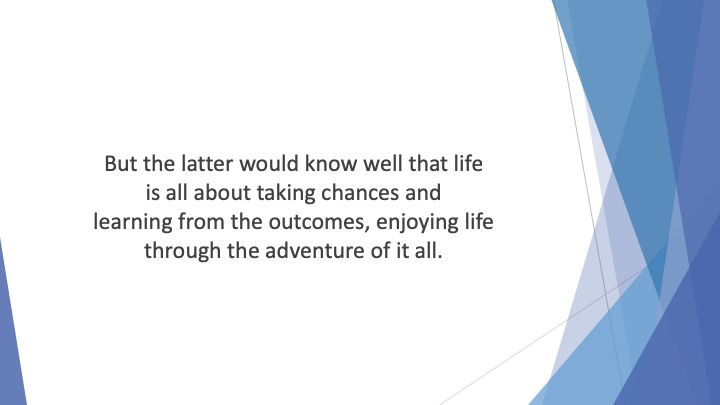
However, this doesn’t mean you risk your safety and security for an adventure. It doesn’t mean putting your life or the life of others at stake. What it means instead, is that you need to let yourself out of the shell that makes you feel safe and at ease.



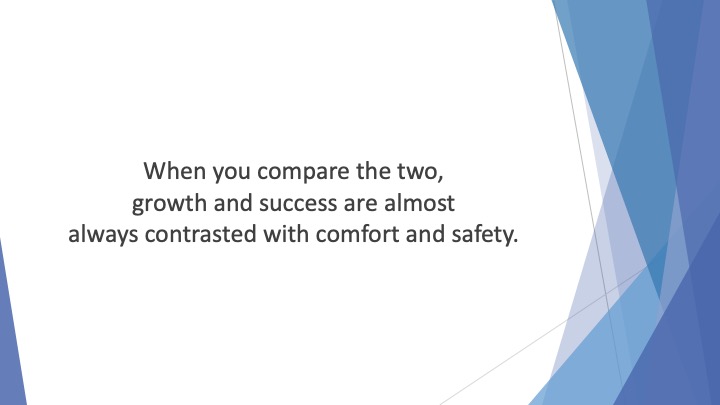
**S16 :** To prioritize adventure over convenience would mean that you’re willing to go that extra mile to bring some excitement to your life. It’s similar to what happens to a child with overly protective parents; one who isn’t allowed to be friends with someone the parents have not approved of, not allowed to swing faster, not allowed to eat sweets, kept on tightly controlled schedules and so on.



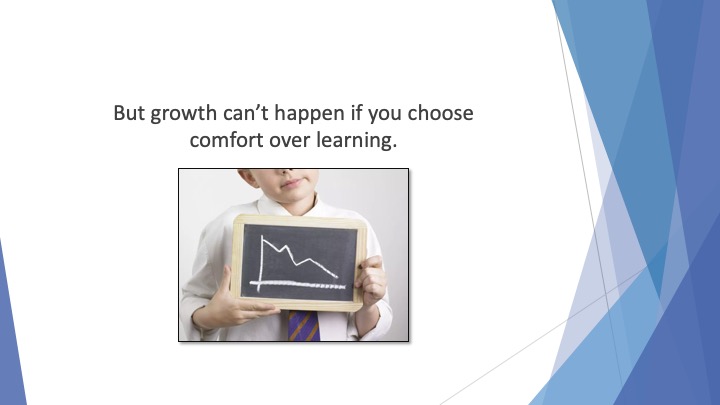
**S17 :** Compare him to a child whose parents are willing to let their child try new things, make new friends and learn from his own experiences. The personalities of these two will be totally opposite. The former will always 'play by the rules', never learn to be independent, and never have the self-confidence to step out for an adventure.



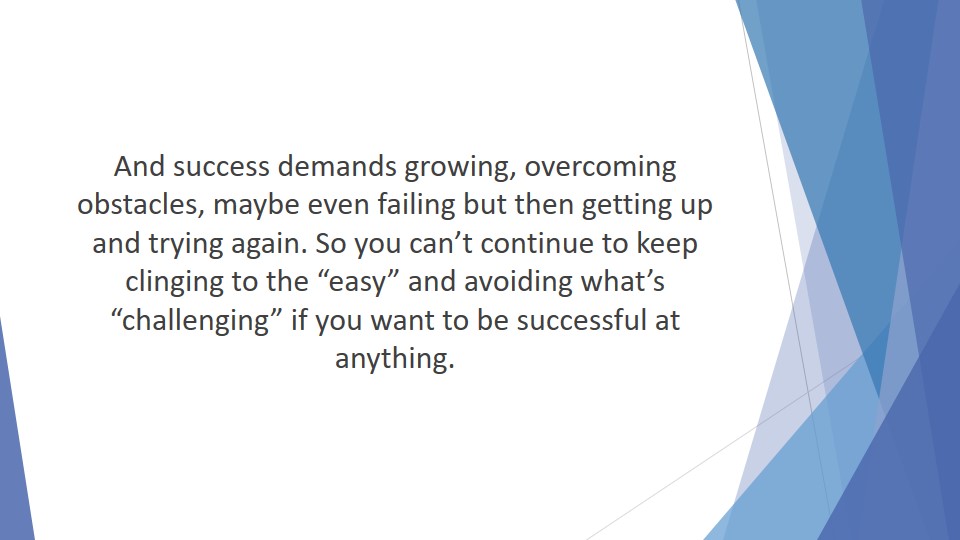
**S18 :** But the latter would know well that life is all about taking chances and learning from the outcomes, enjoying life through the adventure of it all.



**S19 :** When you compare the two, growth and success are almost always contrasted with comfort and safety. Whereas growth leads to learning, creating, doing, resisting and failing, comfort leads to stability, pleasure, protection and feeling good.

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**S20 :** But growth can’t happen if you choose comfort over learning.



**S21 :** And success demands growing, overcoming obstacles, maybe even failing but then getting up and trying again. So you can’t continue to keep clinging to the “easy” and avoiding what’s “challenging” if you want to be successful at anything.