

TRICIA ZODY  
*Another Beautiful Life*  
PODCAST GUIDE

This guide is intended to be used as a complement to my podcast “Another Beautiful Life.” It is best utilized after listening to the corresponding episode. Please take some time to be contemplative in your answers. My suggestion is to ask the Holy Spirit to lead you through it before you begin. I’m already praying you hear His voice clearly.

**Episode 88 & 89 - Skydiving is Adventure Therapy**

The definition of adventure is, “an unusual and exciting, *typically hazardous*, experience or activity.” I emphasized “typically hazardous” because that’s exactly what I did when I jumped out of an airplane at 14,000 feet, free-falling at 120 mph. But adventure therapy happens when you are doing something that you consider to be an exceptional life achievement that also includes a psychological disequilibrium - the place between ‘comfort zone’ and ‘panic zone.’

1) What is an adventure that you’ve done or that you’d like to do that you’d consider an exceptional life’s achievement?

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2) What kind of impact did that (or would that) make on your life?

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Adventure Therapy most suitable to facilitate positive development and personal growth also happens during “leisure activities that are challenging, demanding, and require effort and skills.” With this in mind, we’re able to fit Adventure Therapy more regularly in our lives.

3) What is something you can add to your week and/or month that would fit this description?

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When you are willingly and regularly doing things that challenge your status-quo, you are re-wiring your brain - Neuroplasticity - with new neural networks. You are creating the ability to push yourself beyond complacency or laziness or stubbornness all because your mind knows that you can. This is not only sharpening your mind but creating a new level of confidence and trust within yourself.

There are four areas of our lives that are directly impacted by challenging adventures which brings about positive results for personal growth. They are Stress Levels, Self-Efficacy, Mindfulness, and Subjective Well-Being.

Stress Levels: When you are able to face any fear you may have with an adventurous challenge, and then push through and do it, then you know you can face anything and do anything. Your neural network is re-wired to believe you can do hard and challenging things. And then your whole perspective of even the daily hassles of life (i.e. time pressures, pressures to perform, conflict at work, financial worries, relationship troubles, etc.) seems to shift and not look so overwhelming. When you have a handle on overwhelm, your stress levels rapidly descend. Just like a free-fall.

4) What are some of the daily stressors in your life that you'd like to reduce?

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Self-Efficacy: That's the belief in one's capacity to execute behaviors necessary to produce an outcome. Self-efficacy reflects confidence in the ability to exert control over one's own motivation and behavior. So, it's you having control over you. It's your adult brain overriding the freaked out emotional, primal brain. It's your ability to bring the logic and reasoning to the challenge.

5) What 'logic and reasoning' would you need to bring to your own challenge that would allow your adult brain to calm the panic of the emotional brain that would give you confidence to move forward?

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Mindfulness: Mindfulness refers to the awareness and acceptance of experiences. It's paying attention on purpose in the present moment, without judgment, to the unfolding of an experience moment by moment. With Adventure Therapy, people are generally more open for the present-moment experience and leave the "auto-pilot" mode, typical for routinized daily actions. This may help individuals to self-direct more attention to their own feelings and thoughts as well as to the beauty of the surrounding natural environment.

6) Play out the challenging experience here. What would you anticipate feeling? What do you think you would see or be aware of more acutely that you otherwise wouldn't in the "auto-pilot" of your life?

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Subjective Well-Being: Subjective Well-Being is impacted significantly when you have successfully accomplished challenges are considered exceptional life achievements. In the achievement, you feel good about yourself, and then positive emotions are the result.

We all could use a little more positive emotions these days, right? Since jumping out of that airplane, my life seems richer and I even feel a bit more alive and present. It's like I'm seeing the world in a new way, with a different lens. Things are more detailed, more intricate, distinct. The difference has caused me to want to do more of that in my life. I'm happy to know that I don't have to jump out of an airplane every week to get it, though. There are plenty of other ways to challenge myself that re-wires my brain for reduced stress levels, bolstered self-efficacy, heightened mindfulness that grows me, and a personal sense of well-being. Praying you'll discover this for yourself, too, friend. It's definitely life changing!