

A person is kneeling on a dark, pebbly beach at sunset. Their arms are raised high in the air, and they are facing the ocean. The sun is low on the horizon, creating a bright orange and yellow glow that reflects on the water and the person's silhouette. The sky is a deep blue with some light clouds.

A Beginner's Guide to The Adventurer Mindset

How to
SET YOUR MIND
for success and happiness

The Adventurer Mindset

with Rachel Frei

The Adventurer Mindset

RACHEL FREI BANDIERI

Before we jump in...



Where does the Adventurer Mindset come from?

The Adventurer Mindset is born from my experience on the different solo expeditions and outdoor adventures I have set up and done, but also from my successes and failures in my career and personal life.

It isn't limited to outdoorsy people or only valid for real adventures. It is far more than that! And can be applied by anybody who is willing to consider Life, and everything it is made of, from a more empowering perspective.

I have used successfully, among other things, -:

- For extreme physical challenges like unsupported Arctic races or solo expeditions.
- To recover from years of eating-disorders
- To get the job as a Criminal Officer that I wanted
- To pass difficult exams and qualifications
- To set up from scratch my Arctic 1000 expedition in less than a year and bring all my 4-legged tribe on a 3'000km-long journey through Europe in winter.
- To get the amazing house we wanted without having the necessary funds!





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The Adventurer Mindset here has improved my Life in so many ways! It totally rocked my world and had positive and unexpected impacts on the people around me. It became a Lifestyle.

If you're a total beginner, here are the **essentials** of the Adventurer Mindset to help you get it and start implement it in your own life!

Are you ready to go on a different kind of Adventure?

Let's go explore!



**Set your Mind
for Success and Happiness**

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“By shifting your Mindset, everything becomes possible”

The 7 Essentials of The Adventurer Mindset

Magic Key #1

Being and living as an Adventurer is a State of Mind

Life is an Adventure. You’ve probably heard or read this statement many times. But what if it was really the case? What if you started living and approaching your Life as a real Adventure?

We are all Adventurers. Adventurer isn’t limited to real explorers or outdoorsy people! Life itself is one, with all the challenges, changes, situations, that come up endlessly!

Considering your life, and every event that comes up, as a real Explorer (or Hero, Adventurer..) would, gives you in a **pro-active stance**, helps you bounce back from setbacks and makes the most of any situation. As an Adventurer, you *expect* things to happen 😊

Magic Key #2

Approach Life like a Hero’s Journey

When you go on a journey, it’s both exciting and scary.

You have a goal, a destination in mind. Maybe you have planned your trip as well as you could. Yet, there’s always so much you cannot planned in advance. It’s part of the fun, of the beauty of travelling. You are aware they can happen. That it could be more or less easy to deal with them. Yet, you still go for it, because what you can get from that trip is definitely worth taking that little risk!





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Life is no different.

Small obstacles, bigger challenges, unplanned changes, detours... but also wonderful surprises, stunning discoveries, amazing victories! All these are part of your Journey.

The Hero's struggles lead to better and greater outcome. That's why you want to go for it, wherever you are now, whatever struggle you are currently facing!

Don't give up!

Magic Key #3

Focus on the Destination.

When you set on a trip, the destination is often miles and miles away. You cannot see it. Yet you know you will eventually get there. You **trust** that you will get there.

What's your Destination in Life? What do you want to achieve, get? A happy, feel-good, interesting, purposeful, prosperous, fulfilling, (you name it) life?!

That's the Main Destination!

Keep it in mind, at all times. Even if you cannot see it, even if you don't have all of it now, even if you don't know how you will get there. **Trust that you will get there!**

Magic Key #4

Set mini goals. Remain flexible about the stages.

Whenever I go on a long expedition of several hundred miles, I divide it in several **main sections**. Each section is then divided into daily stages...that are in turn divided in smaller sections. And I keep divided as I progress along to make them reachable and doable while keeping me cheered up and motivated.

Sometimes, I have to reassess the planned daily stage, or a section, or modify an even longer part of the route.

When I am really tired or in a difficult spot, my next goal is often only a few meters away. And then I reassess, fix a new one, keep progressing the best I can.



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Do the same with your Life. Your Main Goal. The Sections. Your mini-goals and stages.

Divide into smaller and motivating stages.

Be ready to reassess.

In time of change and uncertainty, keep moving, **a baby step at a time**. Keep moving. Explore. Until the way becomes clearer.

When in doubt, when you feel lost, keep your Final Destination in mind.

What's the next best step(s) you can take to get you a little closer?

As one of my favourite quotes from Lao Tzu goes:

"The journey of a thousand miles begins with one step"

Magic Key #5

Make the most of Life Challenges.

Don't be afraid of struggles. Struggles make the Hero. Again, a well-known saying 😊. But let's look at it from an Adventurer mindset point of view: Struggles make the Hero great! The Hero learns from setbacks, failure, past experiences and becomes stronger! The Hero bounces back and reaches another level every single time!

These events happen so the protagonist can turn into a Hero!

Life does just the same with you! Lessons, past experiences, hardship... they all help you grow and become the best version of yourself!

Events happen FOR you – not to you.

When you shift your mindset about why things are happening to you and see them as opportunities to become more, your turn into a Hero! Learn from the past, from good and painful experiences and use them to reach the next level!

Do not linger in the past. Learn. Take what there is to take from these good and bad experiences. Release what needs to be released. And move on! There are so many other wonders waiting for you!





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Magic Key #6

Create from the Inside Out.

You do have a way to impact and modify your reality. You have the ability to create and manifest the things you desire.

Why?

Because it is your Adventure! Your Life! Your Story! You are the Hero, remember!

How?

Through your thoughts, beliefs, and feelings. Think and Feel = Creation

By the way you act and react to what shows up in your life, be it in your career, personal life, finances...

The external world reflects our principles, beliefs system and pattern of thoughts.

By shifting your mindset, by being aware of your thoughts, beliefs, and expectations, you influence and can change the reality you live.

Magic Key #7

A Childlike Sense of Wonder

Adventure is fun! This is why we love traveling, discovering new places and meeting new people! The destination is important. But so is the whole journey!

Remember to enjoy it. Be playful. Be curious of what is coming next. Expect good things to come your way. Be in awe. Be childlike!

Don't take yourself too seriously. And enjoy the ride!





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The Adventurer Final Word

Congrats! You've just been through the Essentials of the Adventurer Mindset!

Some might be clear and straightforward for you; others might be more challenging to grasp. Give it a try! Start applying them in your daily life. Play with it. See how it helps you or casts a new light on the way you approach things.

Are you willing to become that amazing adventurer you were born to be?
Go out there and practice being that person! Adventure awaits you!

And it's only the beginning 😊

Life is an Adventure!
and
Adventure is Fun and Exciting!

Have Fun! Be Bold!

With Love, xx

Rachel

PS: I love to hear from you. Send me your questions and feedback! I'll make sure to address them 😊

