

“Jillian Robinson’s adventures and insights provide a wonderful primer on turning travel from merely a trip to an engaging expedition of personal fulfillment. Vacations for many simply mean an escape from routine – a break from the ordinary. Heeding Jillian’s advice transcends travel escape and provides insights into finding more purpose in life and uncovering moments of clarity and valuable introspection in the journey. Read, learn and grow in the process. This book will make you feel good.”
-- **Win Holden, Publisher, *Arizona Highways Magazine***

Change Your Life Through Travel

Jillian Robinson, an award-winning travel documentary filmmaker, whose television programs have aired on PBS, The Discovery Channel, and in more than 45 nations, has traveled to 33 countries and lived in Italy and London. She took a break from her career to travel, and as a result, she produced a new book that shows us how to take back home what we learned, felt and experienced while exploring in our journeys.

Change Your Life Through Travel explores eight central themes from life on the road, including how to: discover greater self-esteem, take more risks, buck convention while celebrating our individuality, slow down and live in the moment, connect with the power of nature while finding our wild side, feel sexy, step into our courage, and live an abundant life. The full-color images help the reader dramatically visualize the themes expressed throughout the book.

Jillian shares with us how to:

- Discover ways to foster our own life-enriching experiences on the road.
- Integrate the lessons of life lived afar or near into our everyday home life.
- Get more out of any trip you plan to take.
- Live life at a different level, at home and away, and see life through a new lens.

For over six years, Jillian followed in the footsteps of some of the greatest writers, traveling across the country and globe to go where others had gone before, including: Ernest Hemingway, Henry Miller, Isak Dinesen, and D.H. Lawrence. She met a range of travelers that led to her penning her book. “I found myself no longer studying the life of a writer I admired, but rather, I was living it,” says Jillian. “I had taken the author’s life as my own, for a brief time, and in the process, I was transformed by it.”

She has always had the travel bug in her. “Ever since my first trip to Europe as a teenager,” says Jillian, “travel had become a consuming passion for me. It was the subject that would keep me reading, dreaming at night, and the prospect of which would stir me in the morning.”

Along the way of her travels, Jillian...

- Learned of her adventurous spirit and risk-taking ways while in Kenya's Tsavo National Park and seeing a charging hippo up close.
- Danced the tango in Buenos Aires with a complete stranger, allowing her to venture into a sweet surrender.
- Journeyed to Italy, where writer DH Lawrence wrote several of his books and fell in love with farming life.
- Embraced the power of nature as she stood 12 feet away from two lions who mated loudly and intensely for 45 minutes in Africa.
- Felt the sway of the exuberant, vivacious women of Cuba, providing her an awareness of her own body that she'd never experienced before.

“Often we become so busy dealing with our daily lives and commitments that weariness sets in, and we no longer see, smell, taste, touch, and hear with the same purity we did as children, or when we travel,” laments Jillian.

During her excursions she met dozens of people who shared their impacting travel stories with her, including:

- Barbi, who went hiking in the Grand Canyon, and broke her ankle seeking to evade a flash flood, needing a helicopter to rescue her.
- Glenn, who, while hiking a jungle in Rwanda, came upon a dozen gorillas. The youngest ones brushed up against his feet. But when he went to photograph a gorilla nursing her baby, she charged and took a swipe at him.
- Michael, who went to Jamaica, and dove off a cliff on a dare.
- Carol, who ascended a pyramid in Mexico alone, and then had a moment of stage fright from being so high up.
- Alexandra, who went to Spain and ended up posing nude for Salvador Dali.

One of the many travelers she met, Jeannette, a Native New Yorker who has lived in California, the Virgin Islands, and Arizona, and has traveled to countless places, almost always alone, sums up the value of travel as follows: “Travel does change your life. It gives you a freedom that you probably didn't know you were allowed to have. It's given me a different view of the world. If I had stayed on Long Island, in my little community, I never would have met the people I have, and people of all societal strata. So travel has made me grow and given me the kind of freedom that many people have never experienced.”

Jillian concludes: “Travel often provides such opportunities to venture, gently into the unknown. How many more enriching experiences could we have in our lives, if only we saw through a different lens? Now, whenever I feel daunted by a new opportunity, I always try to take it. Because I know that down that road is often where the magic moments lie.”

Change Your Life Through Travel is sure to provide the reader a springboard to help seek out and enjoy a richer life experience.

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Contact Information: Planned Television Arts
Brian Feinblum 212-583-2718 feinblumb@plannedtvarts.com

Jillian Robinson

Biography

Jillian Robinson is the author of a new book, *Change Your Life Through Travel: Inspiring Tales and Tips For Richer, Fuller, More Adventurous Living*. Having traveled to 33 countries, as well as lived overseas, Jillian presents a unique perspective on how travel influences our lives.

She is an award-winning television producer, whose programs have aired on *PBS, The Discovery Channel*, and in over 45 countries worldwide. Jillian, who also lived in Italy and England, where she managed a TV-production company, speaks about travel's power to enrich and change our every day lives.

Her adventures as a filmmaker, photographer, and literary traveler have made her a popular speaker. She has lectured on topics including: Travel and Making TV: Vehicles to Building Good Teams; Travel in Hemingway's Cuba: Lessons for Living Every Day To The Fullest From A Master; and Isak Dinesen's Kenya: A Woman Who Bucked Convention to Make A Difference.

Her TV productions have garnered some of the industry's most prestigious awards, including recognition from the National Academy of Television Arts & Sciences, Associated Press, and International Film & TV Festivals. She's won Rocky Mountain Emmys, a Cine Golden Eagle, and a Best of the West. Jillian's films include:

- *Maestro: A Musical Journey Through Venice*; a five-part series tracing the music inspired by the "city of dreams."
- *Barry Goldwater: Photographs & Memories*; a PBS program about the legendary politician's passion for photography and Arizona that changed his life forever.
- *Legends & Dreamers*; a public television special that brings the pages of Arizona Highways Magazine to life.

She has been interviewed by local and international news media, including *PBS, The Discovery Channel, The Arizona Republic, Phoenix Home & Garden, Today's Arizona Woman*, independent British television, and others.

Her circle of eclectic friends includes best-selling author Erica Jong, personal finance guru Robert Kiyosaki, Pulitzer Prize-winning photographer Jack Dykinga, and Southwest cooking maven Barbara Fenzl. Jillian lives what she writes, bringing the spirit of travel into everyday life. She left a successful 11-year career developing and producing TV programs for PBS/Phoenix to pen her first book and share her passion with others.

While criss-crossing the globe, her solo adventures have included black-water rafting through New Zealand's caves, swimming with the dolphins of the Bahamas, mountain-climbing in Arizona, trekking in the Andes, and driving cattle in Wyoming. When not on the road collecting more life-enriching travel tales and tips to share with others, Jillian resides in Scottsdale, Arizona. For more information, please consult: www.FootstepsAdventures.com.

Jillian Robinson
Q&A
Change Your Life Through Travel

Jillian, your new book, *Change Your Life Through Travel*, shows us how we can each begin to live our everyday life to the fullest through traveling anywhere. Can you share with us how we can do that? Our travels can be to the jungles of Africa or French villas -- or the new neighborhood cafe. We just must go with a willingness to let the experience inspire our life. Then discover what we liked and learned about ourselves on that journey and make a pact to keep living that way. It's available to all of us. Most of us have some vacation time each year or the chance to see someplace new in our own hometown. And the important realization is we don't need to be Christopher Columbus to discover new worlds -- in other places or within ourselves.

As an award-winning public television producer, you have had a chance to see life in a creative and adventurous way. Would you kindly share an interesting story with us of what it was like to work on a fascinating travel-related documentary? Sitting with former Senator Barry Goldwater overlooking the south rim of the Grand Canyon, he told me how his travels launched him into politics and how he had discovered worlds -- in his own backyard. As a long-time senator and former presidential candidate, Goldwater had traveled to dozens of countries. But, in our interview, he began to wax poetic about his travels in Arizona, his home state. He had explored the entire state, and was among the first documented people to raft the Colorado River. I was fortunate to raft the Colorado in his footsteps years later.

You have traveled to 33 countries, as well as lived for a time in Italy and England. What are some of the similarities you have found amongst the people of all regions and races? We share a common desire to live our lives the best we know how. We just travel different paths to get there. As one musician I interviewed, who had a magic moment watching the moonrise over the Pyramids in Egypt, said, "We are all the same, only different." In my book's chapter "Live an Abundant Life" many people spoke about the similarities they found among people across the world. Even in challenging political times, so often on the road they met kindness, openness and generosity of spirit.

In your book you visited the cities and countries where some of your favorite writers lived or worked for a time. What was it like to follow in the footsteps of Ernest Hemingway, DH Lawrence, and Henry Miller? The greatest gift was learning what was *possible* in life: how to live more fully. All of these writers squeezed the maximum yield out of life. And I became obsessed with the idea of living my life this way and, hopefully, inspiring others to do the same. I got to salsa dance in Hemingway's Cuba and visit his favorite haunts. I lived on a farm and fell in love in DH Lawrence's Italy. I decided to follow a life's dream in ancient ruins in Henry Miller's Greece. I had the chance to step into these writers' shoes and live their lives -- if only for a brief time.

What are some of the lessons you have learned on the road? The boon in taking quiet risks... Living more in the moment...Bucking convention... Stepping into the unknown...Connecting with people and animals more courageously. Living each day as fully as possible. I also interviewed or received stories from more than 70 contemporary travelers who had experienced many of these same qualities, and more, on the road and all wanted to keep them alive back home.

How can we live every day at home more fully, in essence, to act as if we were on vacation 365 days in the year? Harvest our memories; any travel memories. How did you feel in your memorable moments? Would you like to experience more of that quality in your daily life? Use your memories as a touchstone whenever you feel the quality flagging at work or home. Our web site, FootstepsAdventures.com also provides a fun “Experience Explorer,” for people to mine their travel memories and qualities for living everyday more fully.

Most people recognize the fun, rest, and exploration associated with travel, and one would assume if time and money weren't factors, they'd travel more. But most Americans travel very little compared to other nations, particularly in Europe. Why do we deny ourselves the power of travel? It's like life: we often postpone experiences that can improve our daily lives, saying “Someday.” And then, sadly, sometimes “someday” never comes. Seeing the world is wonderful, but some of our most powerful travel experiences also can happen close to home. I think if we understood that we could pack a light bag and have a mini-adventure nearby *that could enrich our life forever* -- I believe more of us would do it.

Many of us want a fuller, richer life, yet we fail to integrate our best travel experiences into our daily life. As soon as the plane lands home, work, bills, obligations and stress seem to await us. What do you recommend we do to make sure we got the most out of our travels? Before you set out on any trip, decide one quality you want more of in your life: Is it a greater sense of calm and serenity? A stronger spirit of adventure? Decide *one* attribute and then seek it in your travels. It is *amazing*. Every time I've done this before any excursion, I've found that quality. I've highlighted eight central life-enriching qualities in the book, but these also can be jumping off points to create your own.

You say we don't even have to take expensive journeys across oceans but that we can find life-affirming, vibrant experiences just by visiting someplace new in our hometown. How so? For me, sometimes it's just an hour during my lunch break or before I begin work or a couple of hours on a Saturday morning: I take weekly “Travel Dates” – on my own. While growing up, my parents would take each other on “mystery dates.” One would surprise the other and they'd explore a place or activity they hadn't tried before: they'd go hot-air ballooning or country western dancing in a part of town they didn't know. The key is to go: routinely. Get out of your comfort zone. Have a new experience. The minute we do, magical moments often arise...

What inspired you to leave your job to write *Change Your Life Through Travel*? I did it with just one thought in mind: inspiration. I'd traveled for years while I worked at PBS to the favorite destinations of past authors to try to

understand what had inspired them. Where did their inspiration come from? Could I feel it? Could I see it? This was how, and when, I found the extraordinary effect that travel can have, and I knew I had to “follow my bliss”: showing others how to self-inspire through travel.

What were some of your most rewarding adventures? Seeing a hippo charge up close in Kenya; standing 12 feet away from lions who mated loudly and intensely for 45 minutes in the Masai Mara. Traveling to Isak Dinesen’s Africa. I had always loved the book and movie *Out of Africa*. I spent two days in Kenya with Kuki Gallman, who is a kind of modern-day Dinesen. Kuki’s book, “I Dreamed of Africa,” became the movie starring Kim Basinger. Both Dinesen and Gallman bucked convention – and led extraordinary lives. Both helped show me what was possible.

Why do we live differently on the road than at home? Americans are lonelier than ever. We have fewer confidants. We stay in the known. We travel to open ourselves to new experiences, to explore what’s possible. Shouldn’t we live at home more like we are when we are on the road? If we want to look back on our lives and feel we’ve lived fully, shouldn’t we live more, everyday, as the road invites us to be?

Can anything be learned from a bad travel experience? Definitely. A variety of people told me before I’d visited Mabel Dodge Luhan’s New Mexico about encounters with her “ghost.” I didn’t pay much attention or fully believe it. But after a series of mysterious, scary experiences, I came to feel differently. A woman I interviewed for the book also recounted being caught in a flash flood, while backpacking in the Grand Canyon. It remains one of her most instructive and rewarding travel experiences ever.

Has travel changed for Americans since 9/11, in terms of where we go, how often we travel, how we commute, and what we do on our trips? An increasing number of people, including those in their 20’s and 30’s, continue to seek real “authentic” experiences in their journeys. Many people in my book had such amazing, “authentic” experiences on the road. And many of their trips were taken post 9/11. I was pleased to see the number of international and domestic travelers rebounded surprisingly quickly after 9/11.

Your book explored eight central themes, including how and why we should take more risks. Please elaborate on this. Take “a quiet risk” on your next excursion anywhere. You don’t need to know what the risk is, just go with the intention that you will create one. And, at your destination, allow the moment to unfold. Soon we’ll become more courageous taking “risks” at home -- asking for that raise, telling someone we love them for the first or last time. Now, whenever I feel daunted by a new opportunity, I always try to take it. Because I know down that road is often where the magic moments lie.

How can we slow down and live in the moment? Walking early in the morning... journal writing... drawing... even following new routes when you run errands. A young CEO in the Midwest told me *if* he has time to call friends at home, it’s never more than a 10 minute talk. Yet he had an “Aha moment” while traveling about living in the moment. So he began meditating. And his daily

meditations bring back his favorite travel memories – recalling and reliving the sense of peace and wonder that he discovered was possible in life and has vowed to retain.

What do you mean when you say we should live a life of abundance? Henry Miller was a man “whom life makes drunk.” One woman in my book discovered love – for friends, family, a spouse, even strangers – made her feel like “one of the wealthiest people in the world.” For others it was cultivating a generosity of spirit or following a long-time career dream. What would make *you* feel overflowing with a love of life? Travel provides an ideal vehicle to discover that.

How do we connect with the power of nature while finding our wild side? Track gorillas in Africa, hike in the Grand Canyon, swim with dolphins, or discover smaller excursions in your own home state. Then cultivate the connection back home. Study an animal that’s always fascinated you. What qualities does it possess that you might adopt for your life? Select a spot in nature and visit there for a half-hour every week. Enjoy as your observations of the place, and yourself in it, grow.

How did you use travel to discover greater self-esteem? When I traveled to Isak Dinesen’s Africa, I’d just ended a cul-de-sac infatuation that had preoccupied me for more than a year. Divorced for seven years, I had also begun to wonder if I would ever meet a man with whom I could share my life. I felt a bit down. Yet, after a series of amazing experiences in Kenya, I found that I liked myself better, much better, than when I had left home. It was the “solo me” the road had taught me to be.

Why do many of us have trouble bucking the trend, being different, or discovering what is essentially us? It is *difficult* to go against the grain. We all know that. We want to follow the path of least resistance. One of Dinesen’s favorite writers said: “On entering life, young people meet with various collective opinions...The more the individual has it in him to become a real personality, the more he will resist following a herd.” And Dinesen wrote, “I do not think anyone can be happy except in conditions that...they have chosen as an expression of their true nature.” If our happiness in life is at stake, how can we afford *not* to discover what is “essentially us”? And buck convention sometimes.

If you don’t have someone to travel with, does it limit the experience? Not at all. Traveling with others can *potentially* solidify or build your bond. But solo travel can offer the greatest chances for a life-enrichment. You get to test your courage as you might not when traveling with others. You are more inclined to reach out, talk to people, and your opportunities to integrate yourself into a culture notably expand. You often discover the place, and yourself, best when traveling alone.

Change Your Life Through Travel

Testimonials

“Fabulous book. Too many people travel and see nothing. Too many people travel from Hilton to Hilton and think they see the world. It’s about time this book is written. The only reason to travel is to change your life.”

-- **Robert Kiyosaki, author of *Rich Dad, Poor Dad* and *Retire Young, Retire Rich***

“An inspiring, beautifully written book portraying travel as a potent force of transformation, creativity and a way to free the soul. This book will wake you up to your most alive self.”

-- **Judith Orloff, author of *Positive Energy***

“Quietly appreciative of many of the world’s most intoxicating locales, Robinson’s pleasure-guide to self-awareness is rich with anecdote, literary seduction and the innocence that, inevitably, makes for fine art.”

-- **Dr. Michael Tobias, global ecologist, author & filmmaker**

“Here is one of those unique books that draw you into the beauty of being alive in a mysterious world. With joie de vivre on every page, *Change Your Life Through Travel* is rich with exotic places, stories and wisdom.”

-- **Sue Monk Kidd, Best-selling author of *The Mermaid Chair* and *The Secret Life of Bees***

“Jillian Robinson’s book, *Change Your Life Through Travel*, like any perfect journey, sparkles with memorable experiences, inspirational risks and joyful, unexpected adventures. You will be unable to put down this marvelous, life-affirming book, and if you do, it will only be because you are scheduling and booking tickets for your first or next travel adventure. One of the most fabulous books I have read on the profound power of travel to transform and revitalize lives, *Change Your Life Through Travel* is a treasure map, leading you to forgotten or undiscovered parts of yourself. As your guide, Jillian Robinson awakens you, through sensuous, evocative writing and her own irresistible spirit of adventure, to the infinite possibilities and gifts of travel. Magical by any measure, *Change Your Life Through Travel* is energizing, uplifting and profoundly generous in spirit.”

-- **Melissa Pritchard, author of *Disappearing Ingenue* and *Late Bloomer***

Kindle The Spirit of Travel – And Life!

Jillian Robinson met or interviewed dozens of people in numerous countries over a six-year period, collecting insight on how to embrace the spirit of travel and life. The lessons she uncovered on the road led her to more paths to passionate living. She shares these tips in her new book, *Change Your Life Through Travel*.

“As we travel, so we live,” says Jillian. “I believe that all I really needed to know I had learned from the road, or from others who had traveled there.”

Among the truths revealed to her, she learned:

1. Always travel with an open mind and a sense of humor.
2. Don't wait until you have a partner, spouse or a companion to travel with. Take one trip per year, with or without a companion.
3. Create your travels and your life.
4. Choose your companions with care. A vacation two hours away, can in many ways, be just as much fun, exciting and life-affirming as a trip to a faraway place, if you are with the right people.
5. Always seek to deepen your understanding of life.
6. Travel while you still have youthful vigor, good feet, and an open mind. Never regret a dollar spent on travel.
7. Enjoy the pleasures of processing – planning the trip, taking it, and processing what happened afterward. Create your story in a scrapbook. In the end, have memories to show.
8. Keep seeking the facets of a diamond. Reflect on past trips. They are facets of a diamond, and there's always a missing facet, which is to be your next trip. It's like a diamond with a rough edge that still needs to be polished.

“We can live a fuller, richer, more adventurous life,” says Jillian. “If only we could keep asking, keep seeking, what else is there? What else could it be?”

8 Ways To Change Your Life Through Travel

Jillian Robinson, a worldly traveler who has visited 33 countries, writes in her new book of how to live a richer, fuller, more adventurous life, both on vacation and at home. She reveals these strategies in *Change Your Life Through Travel*:

1. **Discover Greater Self-Esteem** Seek someone you admire, a historic or contemporary figure. Choose one quality you want more of in your life. Then plan one activity on your next trip to foster its development. Live passionately, in your actions, as your role model would.
2. **Take More Risks** Add a quiet risk to your next journey. You don't need to know what the risk is, just go with the intention that you will create one. Then, at your destination, allow the moment to unfold. Explore a place or activity you've never experienced before. Try one new thing each year.
3. **Buck Convention, Celebrate Your Individuality** Discover what is essential to you. Draw outside the lines. Be different. Step outside your 'normal' behavior on your next journey. If you typically follow, lead for a day. Buck your own convention. Consider one thing you can do tomorrow to touch, or relive, a childhood dream.
4. **Slow Down And Live In The Moment** Develop your own 'in-the-moment' practice – consider meditation, walking, writing, drawing, slowing down. Surround yourself for a day with what you love – favorite foods, books, music, clothes, friends, nature.
5. **Connect With The Power of Nature – And Find Your Wild Side** Allow nature to become a theme in your travels. Seek to spend an hour in nature and watch the light change. Cultivate this connection back home. Study an animal that's always fascinated you. What qualities does it possess that you might adopt for your life?
6. **Step Into Your Courage** There are pivotal moments in your life when you were at the precipice of your own cliff, ready to dive off. You can learn from others how they handled their challenges by adopting a local hero for the country you visit. Explore this new entry point to the place you're visiting, a landmark on your own path to courage.
7. **Feel Sexy** Act without an agenda or objective: just enjoy the engagement and interaction. Throw yourself whole-heartedly into an interest. You might just uncover a passion within yourself you never knew you had.
8. **Live An Abundant Life** Discover your paths to abundance. In what area of your life would you like more abundance: The physical, mental, emotional, or spiritual? Once you have declared that, pay attention on the road. Signs are often everywhere, paving the way to greater self-actualization.

How To Live An Abundant Life

by Jillian Robinson

Author of: *Change Your Life Through Travel*

Imagine imbuing your days, your weeks, with passion. One might find sex, travel, conversation and letter-writing as paths to passion. What are yours?

Before you set out on your next trip, decide one area of your life where you'd like more abundance. Is it the physical, mental, emotional or spiritual? Maybe you want richer relationships. Or you may want more challenging work, or to learn a new skill that will bring you pleasure.

Your travels can offer opportunities to explore alternate vocations and avocations. Be a grape-picker, shadow an airplane pilot, a brew master, or a TV producer. Sometimes you can create these experiences on your own, or you can travel with a company that organizes such experiences.

Whatever you want, in whichever quadrant of your life, declare it clearly, and write it down. Then, on the road, *pay attention*. Employ your imagination. Signs are everywhere. When you have a focus you look at people, places and events through a new lens.

Enjoy this invitation to open yourself to new ways of seeing, new ways of being.

Spend a rainy, blustery or sweltering summer afternoon, or a lazy Sunday, creating a collage. Go through old magazines and stacks of unsorted photographs. Tear out and set aside images that appeal to you. Don't over-think them. Just quickly cull pictures that grab you. It could be a photograph of your fantasy car; children playing on the beach; symbols of a loving intimate relationship; places you dream of visiting; pictures that evoke a sense of serenity and peace or of how to make the world a better place. Whatever suggests an abundant life to *you*. They can, but need not, cover each of the physical, mental, emotional, and spiritual quadrants of your life.

Include symbols of abundance from your life today. What are you grateful for? Have fun with this project. Play favorite music while you cut and paste. Mount the images on cardboard however your imagination dictates. Then hang it in a place of prominence, perhaps over our desk at home, work, or in a corner of your kitchen, if cooking or healthy eating form part of your abundant life picture.

Enjoy your creation. See it as a representation, and map, to your life's abundance. Look at it often and notice over time how aspects of your dream start to manifest in your daily life. **If journeying through life with a traveler's lens can help fulfill your dreams of a richer, fuller, more adventurous life, why not start packing your suitcases with memories now?**

Jillian's Tips To Take More Risks

Excerpted from: *Change Your Life Through Travel*

Risk-taking expands us, enlivens us, stretches us in ways we were not stretched before. Whatever the results, we are never the same as we were the moment before we asked, the moment before we danced, the moment before we loved.

Travel provides countless opportunities for quiet risks. Seek directions from a stranger and allow them to guide you there. Sample food you have not tried, then converse with the chef about it. Travel alone. Quiet risks that can lead to magic moments are there for the taking. We must just pay attention when they appear, reference our inner maps for safety and then let them guide us there.

Whether in your hometown, or the other side of the world, take one quiet risk on your next journey. You don't need to identify the risk before you depart. Just deem that you will risk and record that commitment in a journal or workbook that you keep for your travels.

When you arrive at your destination, **remain open to the nature of your risk.** Suggestions often come as gentle whispers, hints hiding in the shadows. Look around corners. Follow the unexpected. Allow your plans to change.

Ideally, **combine your new initiative with a destination you wish to visit.** Find an activity linked to that area. Drive cattle in Wyoming. Tango dance in Argentina. Explore coral reefs in Australia. View it as a portal to the place. Step through it. You might just find a new passion along the way.

Go somewhere in your region or hometown that you've never been. Perhaps you live in the desert but have never visited one of the local lakes. Kayak there. Take a moonlight hike in a nature preserve. Visit a local farm or vineyard. Learn about products produced in your area. Ask if you can help press grapes, or pick fruit. Get involved.

Take a museum tour. **Ask questions.** Talk to a curator. Introduce yourself to another person visiting the museum. Ask what they like, or don't like, about the exhibit. Then consider how you felt when introducing yourself to a stranger, and perhaps experiencing some of their interest or insights into the art. Could you feel positive about taking that "quiet risk," whatever the result?

Travel provides prime opportunities to act differently. The moment you travel, you have broken your pattern, your routine, left your quotidian; and, in the process, **pried open a gate to other possible departures.**

So, on a future journey, **experiment with a less predictable way of being.** Step outside your normal behavior. It might just remind you that it is okay to move beyond boundaries we often create in our everyday lives.