



Adventure

Description

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When I initially think of the word adventure it conjures up images of roller coasters, bungee jumping, sky diving, zip lining and para sailing. Basically any activity that raises your heart rate to where you can hear it pounding and causes a rush of adrenaline. An adventure can also be as simple as taking a different route on your way home from work or trying a new restaurant in a different area of your city. I like to think of my little treks with friends antiquing in downtown Kansas City an adventure. I never know what new treasure awaits me. We also like to try restaurants that are different from our usual suburban eateries.

I've had the opportunity to step out of my box and experience several adrenaline adventures- parasailing, zip lining, backpacking through Europe as a college student, white water rafting and cave tubing. As much as I like the idea of being a modern day Indiana Jones, the reality is I have a weak stomach. I get sea sick and motion sickness. This past summer I rode the Rock N Roll Roller Coaster at Disney's Hollywood Studios and was extremely sick afterward. I am also prone to an occasional panic attack. I could let these things hold me back from having more adventures, but I won't. I may not get on a roller coaster again for awhile, but I feel it's important to get out of your box sometimes and try new things. Life itself is an adventure waiting to happen. You never know what the next day will bring. It could be full of triumphs, tragedies, obstacles, possibilities or the adventure you've hoped for all your life.

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