

# Adventure



PLANNING TOOL

Get busy making your memories together!

Enneagram + Marriage

# Adventure Planning for Each Enneagram Type

Overview	<p>Adventures, whether at home or out, are so important for couples of each type!</p> <p>To plan your next adventure, take an hour out together. Put the next adventure planning session on the calendar too so you can continue this process in case it needs booking, etc.</p> <p>Try to connect in a multitude of ways on the mini and big adventures both - head, heart, body!!</p> <p>In this resource you'll find:</p> <ul style="list-style-type: none"> <li>• Type-by-type suggestions for adventuring activities</li> <li>• Ideas for initiating adventure that are great for all types</li> </ul>
Directions	<p>Be flexible in planning your time together! Let both parties have a say!</p> <p>Make a list together that you can both add to and have fun dreaming about even the ones you may never take. Let creative genius flow. The only sure thing is that if you don't plan it or talk about it, it truly won't ever happen!</p> <p>Get some brainstormers from the ideas listed here. Don't stick to just your types, remember the goal of the Enneagram is the adventuring out, too!</p>
Frequency	<p>Ideally, strive to have quarterly adventures. Whether it's a series of classes you take, such as archery or French cooking, mini-or big trips you take to your local state parks, or you truly jet set off, make sure you've got a lot of good planning ahead per your season's budget. Don't miss out on this step of setting aside quarterly time for anything.</p>

Types	Activities for Adventuring with Spouses of Each Type
Type 1	Hiking, nature parks, visit a botanical garden, hot air balloon ride, mountain bike somewhere local or exotic, go see the Northern Lights, mystery dinner activity night, do a fun home reno
Type 2	Winery tour, cruising, go on a waterfall tour, group events with other couples, snorkeling, beach trips, safari, amusement parks, hikes

Type 3	Go to themed amusement park, take a one night getaway, go wine tasting, go to a baseball or sporting event you enjoy, trivia night, motorcycle ride through the city, skiing, parasailing, shopping in an exotic city, do a fun home reno
Type 4	Visit a new city together, travel abroad, find beautiful waterfalls, travel to find beauty in each season, do a motorcycle tour, waterfront trips, art gallery, world travel, recreate your first date, make a time capsule together, make an art piece together or paint a mural in one of your rooms together, attend a poetry slam
Type 5	Visit a planetarium, a favorite historical museum, do a big city Comic Con or fandom day, go camping in the wild, learn to sail, complete a 5000 piece puzzle, photography during an epic thunderstorm, go stargazing to see the Northern Lights, visit a famous library
Type 6	Go to a concert, a thrilling amusement park, do a motorcycle ride through a National Park, skiing, do a staycation, group events with other couples, take dance lessons, cruise with your trusted line, visit out of state or country friends
Type 7	Big city exploration, hikes that involve a reward afterward, go (safe) cliff jumping, snowboarding or skiing, white water rafting, Mall of America
Type 8	Thrilling hikes to outer limit regions or war memorial scenes, go boating, white water rafting, take a safari, motorcycle cruising, rent a Landrover, cruise
Type 9	Go cruising, find your fave B & B, Do a 12 hour marathon of a show and prep food and then plan a long sleep, stay in a cozy cabin, do a staycation, visit another country and learn a bit of the language and customs

Adventure Tips At Large	
Types of Adventure	<p><u>In Town:</u></p> <ul style="list-style-type: none"> <li>● Be a tourist in your own town by day, visit museums, etc.</li> <li>● Get a local B &amp; B or resort around town by night</li> <li>● Grab local sports or theater tix</li> <li>● Pack a picnic and head to your local metropark. Be sure to check hours!</li> <li>● Go to the nearest downtown area and spend all day at shops, a zoo, or botanical gardens</li> <li>● Get your sports gear and bring water bottles and sunscreen for a special time of fitness.</li> </ul>

#### At Home:

- Go grocery shopping for a gourmet meal & wine, play jazz
- Take online YouTube dance lessons and get [GrubHub](#) or [DoorDash](#) delivered
- Get a tent and sleeping bags and set up a movie marathon with S'mores

#### Travel Tips:

- Plan an airline booking that will not include too many transfers. You will lose time and increase chances of illness and luggage disruption if you're moving a lot. Pay a bit more or minimally, avoid long days at airports and use carry-on luggage only. Bring masks as needed.
- Consider a [credit card](#) to add up airline or hotel points but don't forget to use it/them responsibly to keep debt away or to miss benefits. Keep a spreadsheet and talk about it.
- Incorporate opposites: Go warmer or colder, go country or city, try to change your env't a bit!
- Stay at a chain you trust and get a [CityPass](#) if you're the type of person who likes to get the best of the new cities without having to work for it!
- Leave the beaten path and inquire of [AirB&B](#) hosts and [TripAdvisor](#) if you crave something unexpected and unique to you and your trip.
- Use the [AllTrails App](#) and go visit recommended safe but fun hikes. Be sure to reserve early if you're going to a national park. (It is very cheap but big parks often need reservations) nps.gov in US
- Find a great place to travel that's no more than 8 hours away so your drive time isn't too long!
- Clean your car out for fun, rent something cozy and spacious to drive in, or rent Jeeps or a fun convertible to make the road trip a fun part of the adventure.

## Your Brainstorms

Directions

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Make a copy on your own [Google Docs](#) also so you have it saved and typed up!

My/Our Adventure Ideas:

[illegible]

