



YOU'RE AN **EXPLORER**

YOU NEED **FUN** TO THRIVE

WHAT YOU NEED TO THRIVE

You need to have concrete real world representations of your success for it to feel real. Make sure you spend more of your time working in the real world (e.g., with people, working with your hands, going on adventures) than you do in the digital world.

You thrive when you have the freedom to do what you want, when you want - Find ways to have other people manage the day-to-day tasks of your business that are tied to specific times. Limit the number of strict time commitments you have in a week.

It's important that you feel you're able to make an immediate and visible positive impact - Think of the times you've felt really satisfied with your work. It's likely that seeing your hard work translate into a big paycheck, or someone's life transformed within a short period of time, feels far more rewarding than getting feedback like, "Yeah, I guess you were kinda helpful with this one thing..." Focus on increasing the things you can do that will give you that immediate feeling of impact so that it feeds your motivation to keep going and growing.

It's likely you love beauty and doing things excellently - Surround yourself with beauty and quality, whether that's spending lots of time outside or making your office and home pleasing places to be. Having the right visuals, the right music to set the tone, good smells, and good food as a focus is highly valuable to your overall well-being.

It's important for you to see the relevance of what they're learning - If you're trying to make yourself learn something and it's just not working, question why it is you're learning it. If you can give yourself context and solid reasons why it will benefit you (reasons that actually matter to you), it's likely to benefit your focus and drive to keep trying even when it gets hard.

YOUR SUPERPOWERS

Lives in the moment.

Able to see the big picture and context for things.

Understands how to cultivate an atmosphere.

Things that require a hands-on approach.

Creating and capturing beauty.

POTENTIAL WEAKNESSES

Struggles with long-term planning, hard for them to see into the future beyond 5 years or so.

Hard to learn things if they are purely theoretical, much better if they can learn them experientially by trial and error.

Get overwhelmed with a huge list of tasks or details in front of them.

Don't like feeling restricted.

PEOPLE THAT MAKE YOU BETTER

If something isn't fun now, think about how you've felt in the past to see if it's changed. Ask a partner or close friend if your feelings about it have changed dramatically over time. Because you're so in the moment, it's easy to forget how you felt about something 6 months ago. You just know how you feel now.

PLANNING STRUCTURE

Consider ways to take breaks for fun and movement while remaining productive, like talking through your points for a new blog post into your phone or having a meeting while walking through the park. Stay moving throughout the day.

Do the hard/boring stuff in small chunks and then take breaks for fun and rest. You may find that it's easy for you to forget why you're working so hard or to feel like a bad moment is going to last forever. Take time every couple of weeks to look back over your planner to get context for your life. Look for patterns and trends to give your current moment context.

Give yourself challenges and take risks. You can get really bored if everything you do feels too safe and familiar.

Have a one-word focus and/or habit for the month and the week that trumps all the smaller tasks, something that's easy to hold in your mind. It could be a habit you want to develop or something you want to improve on, like "Meditate", "Walk", "Kindness".

If you find that you often don't know what you're going to do at the start of the day, work from your to-do list and aim for the highest value/priority items, but let yourself feel it out and do what makes sense in the moment. Then use your to-do list to write down the things you accomplished afterward.

PEOPLE THAT HELP YOU EVOLVE

Other Explorer types to help you plan things out in a big picture way, and Architect types to help you work out the details and implement the plans.

IDEAL ENVIRONMENT

Somewhere beautiful with a decent amount of sensory stimulation. Don't fall into the trap of letting your workspace be ugly simply because that's the norm.

Make it easy to get moving — whether that's a treadmill under your desk with a bouncy ball and mini trampoline to mix things up, or somewhere with instant access to a walking trail so you can go walking or running at a moment's notice.

SECONDARY BRAIN TYPE

There's a small part of you that resembles the Oracle. This is why your thoughts can sometimes bounce all over the place rather than following a clear path with steps 1, 2, and 3. It can also mean that you see many ways a single situation could play out.

Because of the way this plays out when you're in a bad head space, you may find that you get wrapped up in the things you foresee going wrong, even if they're not realistic. Those feelings can become very real and you may even lose touch with the real world if it goes too far. Be careful not to let these sorts of thoughts spiral out of control. You may find that it helps to talk to a friend you trust or get a piece of paper and go through all the things you're concerned may happen, and then reflect on how realistic these possibilities actually are to help ground yourself again.

If you find that there is a negative possibility that is very likely to happen, consider preparing yourself by thinking of how you'll deal with that situation so you can cut off the anxious "what if" loop with an action plan.

FAMOUS EXPLORERS LIKE YOU

Mark Twain
Ernest Hemingway
Marilyn Monroe
Harry Houdini
Richard Branson
Walt Disney
Steven Spielberg
Arthur Conan Doyle
Han Solo (Star Wars)
Harry Potter