

# January

## BOOK CLUB: MICROADVENTURES

FROM 1000 HOURS OUTSIDE™



### Microadventures by Alastair Humphreys

- 1. What is the biggest adventure you dreamed of as a child?**
- 2. What is the biggest adventure you dream of now?**
- 3. What are some of the main qualities and benefits of a big adventure?**
- 4. How can you obtain some of those benefits in smaller adventures that are close to home?**
- 5. Have you ever had an experience that didn't seem like it was going to be anything worthwhile but then turned out to be memorable? Tell us about it.**
- 6. Would you consider doing wild camping or river swimming?**
- 7. Why do busy people need Microadventures?**
- 8. What's something out of the ordinary that you could do during your 5 to 9?**
- 9. Share a favorite quote from Microadventures. What made this quote stand out to you?**
- 10. If you could ask Alastair one question, what would it be?**

**January Challenge: Cook and eat a meal outside.**