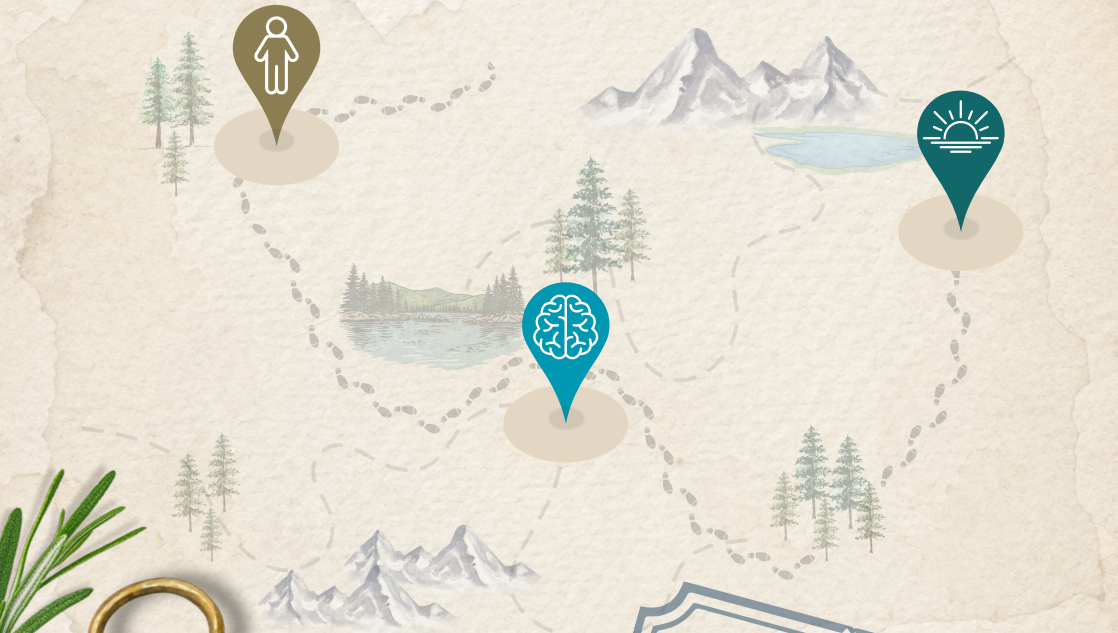
THE MINDAGENCY

3- Day
Mini Adventure

small steps towards a different view





DEPARTURE
APPROVE
12345

BODY • BRAIN • BEING

Three views. One you.

Welcome, traveller!

You're about to embark on a short but powerful adventure. This journey is about discovering what becomes possible when your body, brain and being work together, and finding ways to nourish these three parts that make you who you are.

We often don't realise that these are not separate parts. They are interconnected, each contributing to who we are as a whole.

Every part is just as important as the other in our feelings of well-being, vitality and sense of meaning.

As we travel, we'll stop at each of the three 'destinations', where we'll have a look around. What do you notice there? What belief, thought or habit will you leave behind, and what treasure will you take with you as we continue our journey?

Pack light, you'll only need a little courage, curiosity and a deep pocket where you can keep the treasures you find along the way.

Ready? Off we go!



Happy travels!

Your travel companion,

Rijka

First stop: Body

Your body is the vessel that moves you through life. How you feel in your body affects how you feel, think and function.

Yet how often do we really pay attention to what our body needs? We use it, ask things of it, push it, ignore its signals. And we only stop when it tells us quite clearly that something needs to change.

Your body needs nourishment, movement and rest to support you on your journey. What that looks like will be different for every body, but the basics are simple.

Food is fuel. Choosing foods that nourish rather than constantly asking your body to process and compensate can support your energy and wellbeing. There is no perfect diet. Curiosity about what makes your body feel good is a much more useful place to start.

Movement builds resilience. It doesn't have to be intense or impressive. A walk, stretching from your chair, dancing in the kitchen, swimming, running, yoga or strength training can all count. What matters is finding ways of moving that work for you and, ideally, bring you some joy.



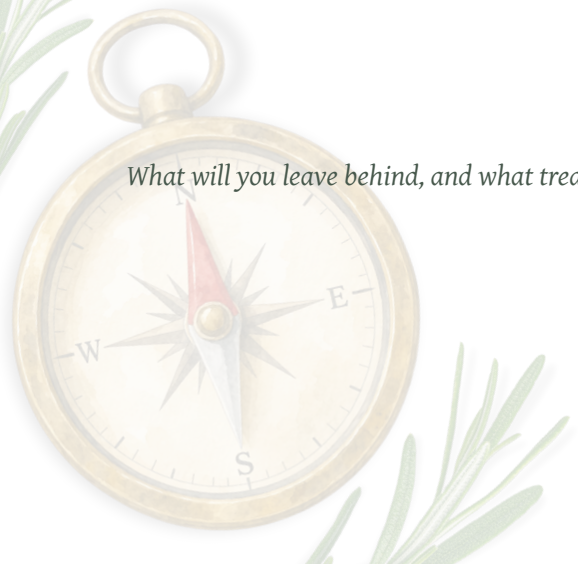
Rest is where your body gets to recover. Sleep is important, but so are pauses during the day, moments of stillness and giving yourself permission to slow down. Creating a rhythm that allows your body to recover is just as important as asking it to perform.
We often associate rest with laziness, but rest isn't laziness. It's an essential part of caring for our well-being.



Before we continue our journey, let's explore this landscape for a moment.

How does your body feel right now, and what does that tell you?

What choices could you make today to nourish your body through food, movement and rest?



What will you leave behind, and what treasure can you put in your pocket?

Second Stop: Brain

Everything that makes you you starts in your head. Your thoughts, feelings, behaviour, and even the way your body functions all depend on your awesome brain.

But what does your brain actually need to work well?

We've already talked about the importance of food, movement and rest for the body, including your brain. But there are a few other things that benefit your brain too.

Novelty is a superpower for your brain. Whenever you learn something new, your brain creates and strengthens connections between braincells. This supports creativity, problem- solving, and our ability to learn.

Another bonus is that learning a new skill can feel pretty good, too. Learning to play an instrument, picking up a new language or simply taking a different route home can all give your brain fresh fuel to flourish.

Nature can help your brain slow down, especially when life has kept it running on high alert. The sounds, sights and rhythms of the natural world can help shift your attention away from constant stimulation and give your nervous system a chance to settle. A walk through the woods, sitting by the water or simply listening to birds can be surprisingly nourishing.

Social connection helps your brain thrive. Our ancestors lived in small communities where people relied on one another for safety, cooperation and belonging. In today's world, our brains still need those connections. Sharing stories, laughing, singing, dancing, and supporting each other are a somewhat underestimated, but important parts of being human.



Before we move on to our next stop, let's pause here for a moment and explore our surroundings.

What thoughts have been occupying your mind lately, and how are they affecting you?

What choices could you make today to nourish your brain through novelty, nature or social connection?

What will you leave behind, and what treasure can you put in your pocket?



Third Stop: Being

Your being is you as a physical, mental and spiritual being. Here, we experience meaning, love, compassion, joy. By nourishing your Being you'll become aware of your interconnectedness with all that is. You might call it God or Spirit, or the Universe.

All the nourishment we talked about in our previous stops is essential not only for your body and your brain, but also for your Being. However, your Being feels truly seen and empowered with the following simple practices.

Gratitude is probably one of the simplest and most powerful habits you can cultivate. It gently shifts your attention towards what is here, rather than what is missing or going wrong. This doesn't mean ignoring the difficult parts of life, but making space to notice the good alongside them. Over time, this can change the way you look at your life — from lack to abundance, from fear to possibility, from simply getting through the day to actually noticing it.

Meditation creates space to listen to your Being. It's not about emptying your mind or sitting still for hours. It's about taking a moment to pause, turn your attention inward and notice what's happening beneath the surface. You might become aware of what you need, what is asking for your attention, or what the next step could be.

Purpose is that thing that you can't wait to wake up for every day. It can be a hobby, a volunteer job, or some sort of calling that you feel you have. It's that unique thing that makes you you, that fills you up and gives your life meaning. But perhaps you think it isn't practical, it's silly, or there never seems to be time for it. Yet that spark is still there, somewhere in the back of your mind.

And you know, it doesn't have to be something grand or impressive. Purpose can be found in anything, big or small, that makes you feel most alive. Whatever it is for you, when you give that spark room to ignite, how you view the world may start to shift.



Shall we explore?

What are you discovering about your Being, and how does that relate to where you find yourself right now?

What choices could you make today to nourish your Being through gratitude, meditation or purpose?

What will you leave behind, and what treasure can you put in your pocket?

Farewell traveller

We've come to the end of this Mini Adventure. However you got here — whether in 3 days, 3 hours or 3 months — you've made it, and that's worth celebrating.

After any journey, it can be lovely to create a lasting reminder of the adventure you've had. Put your photos in an album, write down anything you'd like to remember, or make a note of something you might want to pass on.

So, before we part ways, let's take a moment to look back at the journey you've just made?

What did you discover? What did you notice? What made you curious? And what treasures would you like to carry with you?

On the next pages, you can take some time to reflect.

Travel Journal

Did you discover something new?

Is there something you're curious to explore further?

What treasures did you put in your pocket along the way?

Souvenirs

Scribble, doodle, or capture a treasure. Have fun!

A TREASURE I FOUND

Something I want to remember:

The road ahead

Perhaps this Mini Adventure gave you a new perspective. Perhaps it left you curious about what else you might discover.

If you'd like some company on the next part of your journey, I'm available for 1:1 coaching. (Discover 1:1 coaching)
Together, we can explore what's going on in your life and find practical ways forward — at your own pace, and from wherever you are starting.

The road is open. Where would you like to go next?



Untill we meet again.

Your travel compagnion,

Rifka