

3 RULES FOR SAYING YES

to the Adventure

**A game for people ready
to come back to life.**

WELCOME TO YOUR NEW ADVENTURE THE CHANGE GAME

Whether you're healing, stuck, isolated,
burned out, or simply craving
more from life — this is for you.

This game meets you where you are.
And helps you start participating
in life again.

makelifeanoccasion.com

SAY YES TO SOMETHING NEW



RULE 1

Everything New is an Adventure.

Neuroscience shows the brain changes through new experiences and repeated exposure.

Your brain is designed to avoid uncertainty and repeat familiar patterns.

Saying yes to new experiences interrupts autopilot and helps retrain your nervous system to feel safe engaging with life again.

The more you participate, the more alive you feel.

A small Yes:

- A different route
- A nature scene
- A side quest
- A new coffee shop

A bigger Yes:

- A fear challenge
- A hike
- A trip
- An opportunity

A social Yes:

- An invitation
- Posting on social media (being seen is a BIG ONE)
- Starting a conversation
- Joining something new

A regulated nervous system is the foundation for feeling safe enough to fully live.

The Change Game gently interrupts isolation, fear, and emotional stagnation through real-life experiences rooted in neuroscience.

Saying yes to the adventure teaches your nervous system that life is safe to experience.

BECOME A DETECTIVE



RULE 2

Seeking Enjoyment

Your brain has a built-in filtering system called the Reticular Activating System (RAS).

It constantly scans your environment for evidence that matches what you repeatedly focus on.

If you constantly focus on stress, danger, rejection, and problems... your brain becomes highly trained at finding more of them.

You find more of what you train your mind to seek.

On Your Adventure– Look For

- Something Inspiring
- A beautiful view
- A brief connection with a stranger
- A new opportunity
- Enjoyment
- Evidence you're changing
- Something playful
- Something that makes you laugh
- A moment of presence
- Peace
- Signs of life

What you repeatedly focus on becomes easier for your brain to find. The more you seek enjoyment, connection, and possibility... the more your nervous system learns that life is safe to participate in again.

Your nervous system heals when you start feeling safe enough to enjoy life again. Even for a moment. Because ***the more alive you feel, the more alive you want to become.***

DETACH FROM THE OUTCOME



RULE 3

Having A Good Time Regardless

Your nervous system struggles most with uncertainty.

That's why fear often appears before:

- trying something new
- posting online
- starting over
- going alone
- traveling
- connecting
- speaking up
- taking opportunities

But **The Change Game** isn't about controlling outcomes. It's about training yourself to participate in life regardless of them (without expectations).

Participation is the victory.

Not every adventure will be fun. You might not make a connection. Find success. Or even have an eventful experience. But how you respond to the outcome is training your nervous system to either: shut adventure down or keep participating in life.

The Change Game teaches your nervous system to stop measuring experiences only by results. **the win is:**

- showing up
- trying again
- staying open
- proving fear wrong
- not retreating back into isolation

Every time you continue despite uncertainty, rejection, discomfort, or disappointment, your nervous system learns: "I can handle life." **That's how confidence is built.**

The Change Game

Core Truths

You are not chasing happiness.

You are seeking peace.

Peace is what allows you to feel safe enough to enjoy your life again.

YOUR BRAIN IS BEGGING FOR PEACE.

Not constant stimulation.

Not endless scrolling.

Not ongoing stress.

Not survival mode.

Your nervous system wants safety, connection, novelty, nature, movement, and moments of presence.

Enjoyment is rediscovered.

Enjoyment teaches the nervous system that life is safe to experience. ***That is healing.***

Isolation reinforces fear.

Connection interrupts it.

You cannot fully heal while remaining emotionally hidden from life.

The best version of you is found in service to others.

But service requires participation.

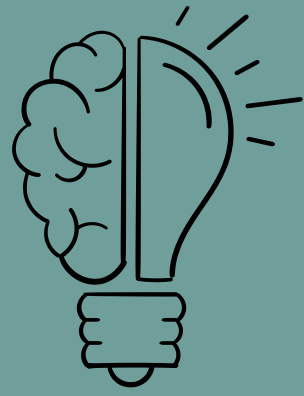
Presence. Connection. Courage.

You cannot serve the world while hiding from it.

The goal is not perfection.

The goal is participation.

Because the more you participate (by saying yes to the adventure)... the more alive you feel.



The MLAO Formula™

- **Say Yes to the Adventure**
- **Detach From the Outcome**
- **Choose Courage Over Fear**
- **Follow Your Inspiration**
- **Master the Art of Enjoyment**

**Say Yes → Detach → Choose Courage →
Follow Inspiration → Enjoy → Repeat**

JOIN THE ADVENTURE

The Change Game™ is a real-life practice of nervous system healing, adventure, reinvention, and learning how to fully participate in life again.

Join our email list for:

- new adventures
- neuroscience-backed insights
- side quests & challenges
- behind-the-scenes of our move abroad in 2027
- tools for nervous system healing & personal growth
- reminders to keep playing the game

***Because the more you participate in life...
the more alive you become.***

JOIN THE ADVENTURE