



101
EXPERIENCES

101
PHOTOS

101
PIECES OF EVIDENCE

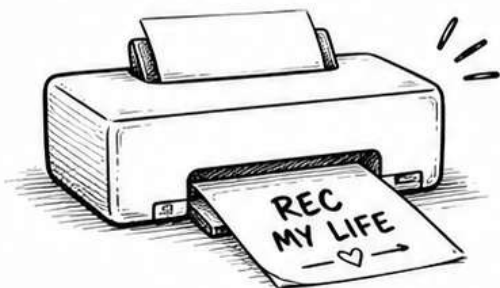
By: Danny W. Pettry II
RECREATIONAL THERAPIST

How to Use Your **REC MY LIFE**

Create Your 101 Memories Keepsake

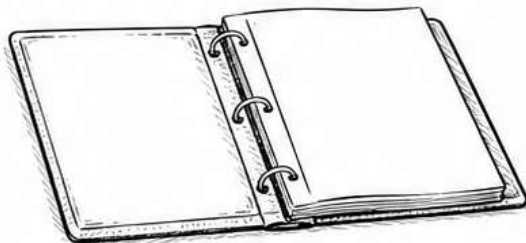


1 PRINT YOUR PDF



- Print all pages on standard 8.5" x 11" paper.
- Print single-sided if you prefer.
- Use the blank backs of pages for additional photos, notes, memories, and more!

2 PUT IN A 3-RING BINDER



- Use a standard 3-ring binder.
- Hole punch your printed pages.
- Insert the pages into the binder.
- Add or rearrange pages anytime as your memories grow!

3 PLACE THE COVER SHEET IN THE FRONT POCKET



- Print the cover sheet.
- Slide it behind the clear plastic cover on the front.
- Use the inside pockets to temporarily store photos, tickets, receipts, maps, postcards, and other keepsakes.
- When you're ready, attach them to the appropriate pages!

101
EXPERIENCES



101
PHOTOS



101
PIECES OF EVIDENCE



Every adventure leaves a story.

LEAVE EVIDENCE YOU LIVED.



Leave Evidence You Lived

This Journal Belongs To:

Date:

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Leave Evidence You Lived

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Sharing is caring.
Selling isn't.

Please do not resell, redistribute for profit, or claim ownership of this work.

Thank you for helping us inspire others to get out, explore, create memories, and leave evidence they lived.

Danny W. Pettry II
Recreational Therapist

WELCOME



Welcome to Rec My Life.

This journal is designed to help you get out into the world, try new things, meet people, explore places, create memories, and collect evidence from your adventures.

Inside you will find 101 experiences.

Each experience is an opportunity to discover something new, connect with others, learn, create, explore, and leave evidence you lived.

Let's get started.

LEAVE EVIDENCE YOU LIVED

Most people throw away postcards, brochures, business cards, maps, tickets, receipts, and other keepsakes.

This journal gives them a home.

As you complete experiences, collect photographs and evidence from your adventures.

Years from now, these pages may become some of your most treasured possessions.

Leave evidence.

Leave memories.

Leave your story.

Leave evidence you lived.

HOW TO USE THIS JOURNAL

1. Choose an experience.
2. Complete the experience.
3. Take at least one photograph.
4. Collect at least one piece of evidence.
5. Attach them to the page.
6. Repeat.

There is no perfect way to complete this journal.

Move at your own pace.

Choose the experiences that interest you.

Most importantly, have fun and create memories.

TAKE AT LEAST ONE PHOTO

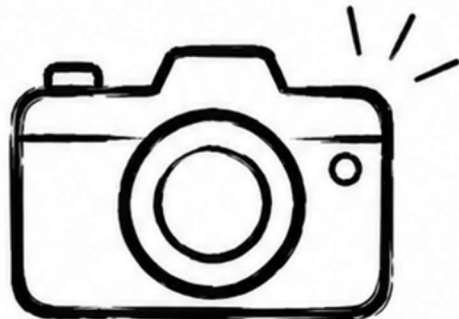
Before leaving each page, take at least one photograph that captures your experience.

A single photograph can preserve a memory long after details have been forgotten.

Photographs help tell your story.

They become visual reminders of the places you visited, the people you met, and the experiences you had.

Take at least one photo for every experience.



WHAT COUNTS AS EVIDENCE?

Examples include:

- Ticket Stubs
- Receipts
- Brochures
- Postcards
- Business Cards
- Maps
- Menus
- Programs
- Flyers
- Stickers
- Wristbands
- Signatures
- Notes
- Other Keepsakes



If it helps tell the story of your experience,
it counts as evidence.

HOW TO ATTACH PHOTOS & EVIDENCE

There is no single right way to attach items to your journal. Use whatever works best for you!



WAYS TO ATTACH ITEMS



Scotch Tape



Photo Corners



Packing Tape



Staples



Glue Stick



Paper Clips



Super Glue



Binder Clips



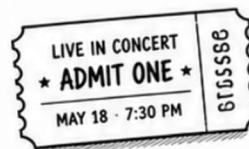
Mod Podge



Washi Tape



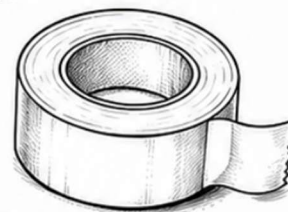
Double-Sided Tape



MAKE IT YOUR OWN



Want to laminate a page? Go for it.
Want to add stickers? Go for it.
Want to use colored markers? Go for it.
Want to doodle, draw, paint, scrapbook, decorate, or completely customize your journal? Go for it.
Want to add extra photographs, postcards, maps, brochures, tickets, receipts, business cards, or keepsakes? Go for it.



There are no rules.



There is no right or wrong way to complete this journal.



It's your book.



Make it personal.



Make it memorable.



Make it yours.

COLLECT MEMORIES. PRESERVE MOMENTS. LEAVE EVIDENCE YOU LIVED.



≡ DON'T MESS WITH REC ≡

Parks, trails, forests, beaches, and recreation areas belong to everyone. They are meant to be enjoyed today and preserved for tomorrow.



THE RIPPLE EFFECT

- One leaf may not seem important.
- One flower petal may not seem important.
- One rock may not seem important.
- But if thousands or millions of visitors each take something, the impact adds up quickly.



MOST PEOPLE DO THE RIGHT THING

- The vast majority of visitors respect parks and recreation areas.
- They stay on trails, protect wildlife, and leave natural items where they belong.
- Help be part of the majority that protects these places.



YOUR PROPERTY IS DIFFERENT

If a flower, leaf, feather, pinecone, or other natural item comes from your own property (and is legal and safe to collect), feel free to include it in your journal. Just be respectful of public lands and protected areas.



TAKE PHOTOS, NOT PIECES.

- ✓ Capture memories.
 - ✓ Collect stories.
 - ✓ Collect experiences.
- Leave nature where you found it so others can enjoy it too.



DON'T BE THE ONE PERSON WHO RUINS IT FOR EVERYONE ELSE.
DON'T MESS WITH REC.



PROTECT PARKS.

Keep nature wild, beautiful, and thriving.



PROTECT RECREATION.

So everyone can keep making memories.



LEAVE EVIDENCE YOU LIVED.

Not evidence you damaged something.



WHEN DO I DO THESE EXPERIENCES?

Leisure researcher Geoffrey Godbey described leisure as both:

= FREEDOM FROM =

Time free from obligations and responsibilities.



Examples may include:

- Work
- School
- Household chores
- Appointments
- Deadlines
- Responsibilities you must complete

Leisure begins when you have some freedom from these demands.

= FREEDOM TO =

Leisure is also the freedom to choose what you want to do.

The freedom to:

- Explore
- Create
- Learn
- Play
- Connect with others
- Relax
- Travel
- Discover new interests
- Express yourself
- Grow as a person



= SO WHEN SHOULD I COMPLETE THESE EXPERIENCES? =



Whenever you have leisure time.

You don't need a vacation.
You don't need lots of money.
You don't need to complete experiences in order.



Some experiences may take five minutes.
Others may take a weekend.

Choose experiences that fit your interests, schedule, and lifestyle. ♥

= REMEMBER =

Leisure is not about escaping life.



It is about living life.

As Geoffrey Godbey suggested, leisure is both:

Freedom From obligations.

And

Freedom To become the person you want to be.

USE YOUR FREEDOM WISELY. ♥ CREATE MEMORIES. ♥ LEAVE EVIDENCE YOU LIVED.

MAKE IT YOUR OWN



The 101 experiences in this journal are meant to inspire you, not limit you.



Feel free to replace any experience with a similar one that better matches your interests, location, abilities, opportunities, budget, or lifestyle.



Can't find a bird sanctuary? Visit a wildlife center, swim with otters, or observe animals somewhere else.



Have a chance to take a hot air balloon ride, helicopter ride, glider ride, or even a trip to space? Use it in place of the airplane ride.



If an experience isn't available, choose another that helps you explore, learn, connect, create, or grow.



There is no single right way to complete this journal. The goal isn't to complete every experience exactly as written.



The goal is to create meaningful memories and collect evidence that you lived.

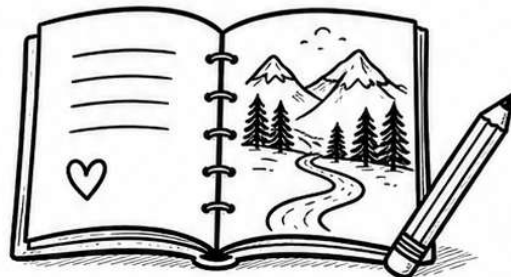


Don't forget the Time Capsule pages in the back of the journal. Use them to document bonus adventures, spontaneous experiences, and memories beyond the 101 experiences.



This is your journal.
Your adventure.
Your story.

MAKE IT YOUR OWN.



DISCLAIMER



Rec My Life is intended for educational, recreational, leisure, personal growth, and self-reflection purposes only.



This book is not a substitute for medical care, psychiatric treatment, psychological counseling, recreational therapy services, crisis intervention, or other professional services.



Participation in the activities and experiences described in this book is voluntary. Readers are encouraged to use good judgment, stay within their abilities, follow applicable laws and safety guidelines, and consider their personal health, limitations, and circumstances before participating in any activity.



If you are experiencing medical, psychological, emotional, psychiatric, or other health-related concerns, seek assistance from a qualified professional.



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By using this book, you acknowledge that you are responsible for your own decisions, actions, safety, and well-being.



When appropriate, consult qualified professionals and seek assistance before participating in activities that may involve physical, emotional, financial, legal, or other risks.



Stay safe. Be responsible.

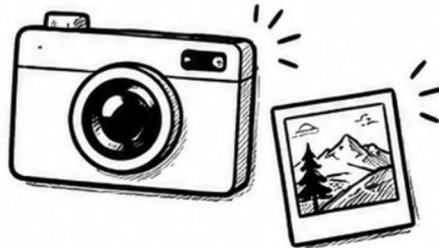
LEAVE EVIDENCE YOU LIVED.

LET'S START: LEAVE EVIDENCE YOU LIVED

1. Do An Experience



2. Snap At Least One Photo



3. Grab At Least One Piece of Evidence



Attach both of them
to the experience page.

4. Start A New Experience



That's it. ♡

Explore.

Create memories.

Leave evidence you lived.



REC MY LIFE ADVENTURE TRACKER



SECTION 1: BEGIN THE ADVENTURE

- ☐ #1 - Visit Somewhere You've Never Been
- ☐ #2 - Visit A Bookstore
- ☐ #3 - Visit A Coffee House
- ☐ #4 - Visit A Small Shop
- ☐ #5 - Visit A Local Attraction
- ☐ #6 - Adventure Photo Challenge
- ☐ #7 - Visit A Comic Book Store



SECTION 2: DISCOVER YOU

- ☐ #8 - Mail Yourself A Postcard
- ☐ #9 - Visit A Hobby Shop
- ☐ #10 - Visit A Flea Market
- ☐ #11 - Attend A Workshop
- ☐ #12 - Visit A Science Center
- ☐ #13 - Visit A Used Book Sale
- ☐ #14 - Visit A Train Station
- ☐ #15 - Take A Scenic Drive
- ☐ #16 - Visit A Store Of Your Interest
- ☐ #17 - Visit A Place That Inspires You



SECTION 3: FIND YOUR PEOPLE

- ☐ #18 - Share A Meal At A Restaurant
- ☐ #19 - Take A Group Photo
- ☐ #20 - Reconnect With Someone
- ☐ #21 - Write And Mail A Letter
- ☐ #22 - Meet Someone New
- ☐ #23 - Host A Board Game Night
- ☐ #24 - Host A Movie Night
- ☐ #25 - Host A Picnic
- ☐ #26 - Volunteer With Others



≡ Progress: _____ / 26 Completed ≡

REC MY LIFE ADVENTURE TRACKER



SECTION 4: FEEL MORE ALIVE

- ☐ #27 - Watch A Play Or A Movie
- ☐ #28 - Visit A Comedy Club
- ☐ #29 - Visit A Place With A Great View
- ☐ #30 - Listen To Live Music
- ☐ #31 - Attend An Outdoor Concert
- ☐ #32 - Visit An Ice Cream Shop



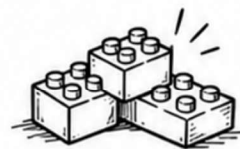
SECTION 5: MOVE MORE

- ☐ #33 - Take A Long Walk
- ☐ #34 - Spend Time Outdoors
- ☐ #35 - Walk A Nature Trail
- ☐ #36 - Dance To Music
- ☐ #37 - Go Swimming
- ☐ #38 - Visit A Different State
- ☐ #39 - Go Bowling
- ☐ #40 - Ride A Trolley Or Bus
- ☐ #41 - Play Mini Golf
- ☐ #42 - Play Frisbee Golf



SECTION 6: CREATE MORE

- ☐ #43 - Build Something (Even If It Is Legos)
- ☐ #44 - Make A Small Craft
- ☐ #45 - Make A Gift
- ☐ #46 - Create A Care Package
- ☐ #47 - Take Photos Of Artistic Structures
- ☐ #48 - Visit A Pottery Class
- ☐ #49 - Visit An Art Or Painting Class



≡ Progress: _____ / 49 Completed ≡

REC MY LIFE ADVENTURE TRACKER



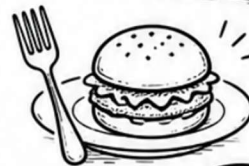
SECTION 7: LEARN MORE

- ☐ #50 - Visit A Library
- ☐ #51 - Visit A Museum
- ☐ #52 - Visit A Historical Site
- ☐ #53 - Take A Class
- ☐ #54 - Visit A Cultural Event
- ☐ #55 - Visit An Art Gallery
- ☐ #56 - Visit A State Capitol
- ☐ #57 - Take A Factory Tour
- ☐ #58 - Visit A College Campus



SECTION 8: TRY SOMETHING NEW

- ☐ #59 - Attend A Festival
- ☐ #60 - Visit Somewhere New
- ☐ #61 - Attend A Community Event
- ☐ #62 - Try A New Restaurant
- ☐ #63 - Learn A New Game
- ☐ #64 - Visit A Candy Store
- ☐ #65 - Visit A Bakery You've Never Tried
- ☐ #66 - Visit A Business Or Shop You've Never Been To
- ☐ #67 - Visit An Antique Store Or Thrift Store
- ☐ #68 - Visit A Record Store
- ☐ #69 - Visit A Sporting Goods Store
- ☐ #70 - Visit A Toy Store



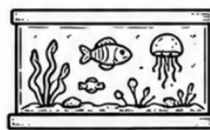
≡ Progress: _____ / 70 Completed ≡

REC MY LIFE ADVENTURE TRACKER



SECTION 9: GO EXPLORE

- ☐ #71 - Explore Your Town
- ☐ #72 - Explore A Nearby Town
- ☐ #73 - Visit A City Park
- ☐ #74 - Visit A State Park
- ☐ #75 - Visit A National Park
- ☐ #76 - Visit A Farmers Market
- ☐ #77 - Visit A Scenic Overlook
- ☐ #78 - Take A Scenic Train Ride
- ☐ #79 - Attend A Parade
- ☐ #80 - Attend A Sporting Event
- ☐ #81 - Visit A Historic Home
- ☐ #82 - Take A Selfie At A Landmark
- ☐ #83 - Visit And Support A Local Non-Gift Animal Shelter
- ☐ #84 - Take An Airplane Ride
- ☐ #85 - Visit A Petting Zoo
- ☐ #86 - Visit An Aquarium
- ☐ #87 - Visit A Cave
- ☐ #88 - Visit A Waterfall
- ☐ #89 - Visit A Dam
- ☐ #90 - Visit A County Fair
- ☐ #91 - Attend A Show (Car Show, Craft Show, Etc.)
- ☐ #92 - Attend A Charity Event
- ☐ #93 - Attend A Food Truck Event
- ☐ #94 - Attend A Holiday Festival
- ☐ #95 - Visit A Botanical Conservatory
- ☐ #96 - Visit A Bird Sanctuary
- ☐ #97 - Take A Guided Tour
- ☐ #98 - Take A Ghost Tour
- ☐ #99 - Visit A Lake, River, Or Ocean
- ☐ #100 - Visit A Public Garden
- ☐ #101 - Something Meaningful To You



≡ Progress: _____ / 101 Completed ≡

SECTION 10: YOUR TIME CAPSULE

- ☐ Leave More Evidence You Lived



SECTION 1:

**BEGIN THE
ADVENTURE**

Date: _____

Experience #1

VISIT SOMEWHERE YOU'VE NEVER BEEN

Instructions:

Visit a place you've never been before. It can be close to home or far away.
Take time to explore, observe, and enjoy discovering something new.

Leave Evidence You Lived

- ☐ I attached at least one photograph.
- ☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Receipt, brochure, business card



Date: _____

Experience #2

VISIT A BOOKSTORE

Instructions:

Visit a bookstore you've never visited before. Browse the shelves, discover something interesting, and enjoy exploring a place filled with ideas.

Leave Evidence You Lived

- ☐ I attached at least one photograph.
- ☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Receipt, bookmark, business card



Date: _____

Experience #3

VISIT A COFFEE HOUSE

Instructions:

Visit a coffee house you've never visited before. Take time to relax, enjoy the atmosphere, and experience a new place.

Leave Evidence You Lived

- ☐ I attached at least one photograph.
- ☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Receipt, loyalty card, business card



Date: _____

Experience #4

VISIT A SMALL SHOP

Instructions:

Visit a small locally owned shop you've never visited before. Explore what makes it unique and support a local business.

Leave Evidence You Lived

- ☐ I attached at least one photograph.
- ☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Receipt, business card, store flyer



Date: _____

Experience #5

VISIT A LOCAL ATTRACTION

Instructions:

Visit a local attraction in your community or nearby area. Learn something new and appreciate what your region has to offer.

Leave Evidence You Lived

- ☐ I attached at least one photograph.
- ☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Ticket stub, brochure, map



Date: _____

Experience #6

ADVENTURE PHOTO CHALLENGE

Instructions:

Spend the day taking photographs of interesting places, objects, people, or experiences. Focus on capturing memories and moments.

Leave Evidence You Lived

☐ I attached at least one photograph.

☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Printed photo, photo list, location notes



Date: _____

Experience #7

VISIT A COMIC BOOK STORE

Instructions:

Visit a comic book store and explore the shelves. Discover a new series, character, or collectible.

Leave Evidence You Lived

- ☐ I attached at least one photograph.
- ☐ I attached at least one additional piece of evidence.



Evidence Ideas:

Receipt, comic bag, business card, cut out parts of a comic book.

SECTION 2:
DISCOVER YOU

Date: _____

Experience #8

MAIL YOURSELF A POSTCARD

Instructions:

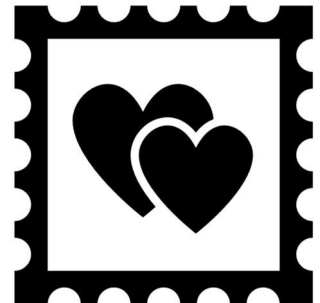
Purchase a postcard, write a message to yourself, and mail it. When it arrives, save it as a memory.

Leave Evidence You Lived

- ☐ I attached at least one photograph.
- ☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Postcard, postage receipt, photograph of mailbox, stamps



Date: _____

Experience #9

VISIT A HOBBY SHOP

Instructions:

Visit a hobby shop and explore products related to crafts, models, games, trains, art, or other interests.

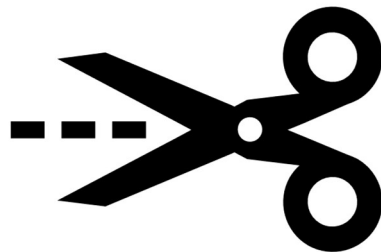
Leave Evidence You Lived

☐ I attached at least one photograph.

☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Receipt, flyer, business card



Date: _____

Experience #10

VISIT A FLEA MARKET

Instructions:

Spend time exploring a flea market. Look for unusual items, hidden treasures, and interesting vendors.

Leave Evidence You Lived

☐ I attached at least one photograph.

☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Receipt, vendor card, market flyer



Date: _____

Experience #11

ATTEND A WORKSHOP

Instructions:

Attend a workshop where you can learn a new skill, hobby, or idea.

Participate, ask questions, and be open to learning.

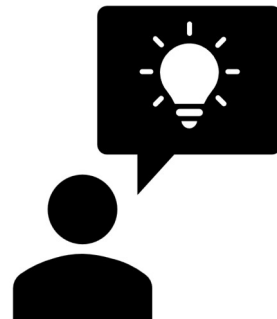
Leave Evidence You Lived

☐ I attached at least one photograph.

☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Certificate, handout, registration receipt



Date: _____

Experience #12

VISIT A SCIENCE CENTER

Instructions:

Visit a science center and explore exhibits that spark your curiosity. Take time to learn something new.

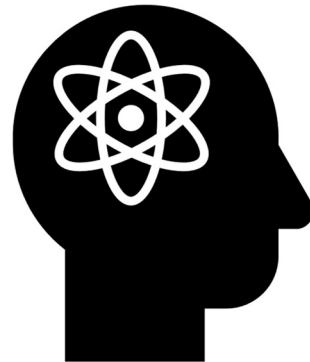
Leave Evidence You Lived

☐ I attached at least one photograph.

☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Ticket stub, brochure, exhibit map



Date: _____

Experience #13

VISIT A USED BOOK SALE

Instructions:

Visit a used book sale and browse for interesting books. You may discover something unexpected.

Leave Evidence You Lived

☐ I attached at least one photograph.

☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Receipt, bookmark, event flyer



Date: _____

Experience #14

VISIT A TRAIN STATION

Instructions:

Visit a train station and observe the activity, architecture, and history of the location. Take time to notice details.

Leave Evidence You Lived

- ☐ I attached at least one photograph.
- ☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Schedule, ticket, station brochure



Date: _____

Experience #15

TAKE A SCENIC DRIVE

Instructions:

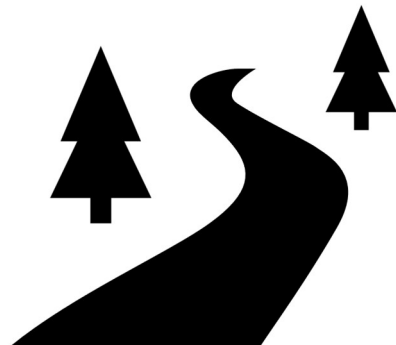
Choose a scenic route and enjoy the journey. Take time to notice landscapes, towns, and interesting stops along the way.

Leave Evidence You Lived

- ☐ I attached at least one photograph.
- ☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Map, fuel receipt, destination brochure



Date: _____

Experience #16

VISIT A STORE OF YOUR INTEREST

Instructions:

Visit a store that matches one of your interests or hobbies. Explore the products and discover something new.

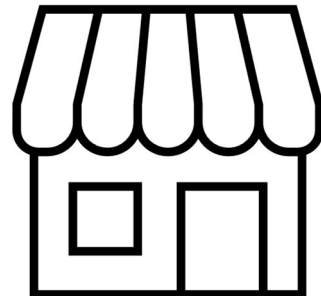
Leave Evidence You Lived

☐ I attached at least one photograph.

☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Receipt, catalog, business card



Date: _____

Experience #17

VISIT A PLACE THAT INSPIRES YOU

Instructions:

Visit a place that motivates, inspires, or encourages you. Spend time reflecting on why it matters to you.

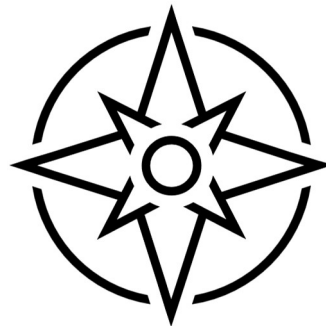
Leave Evidence You Lived

☐ I attached at least one photograph.

☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Photograph, brochure, journal note



Date: _____

Experience #18

SHARE A MEAL AT A RESTAURANT

Instructions:

Share a meal with a friend, family member, or colleague. Focus on conversation, connection, and enjoying the experience together.

Leave Evidence You Lived

- ☐ I attached at least one photograph.
- ☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Receipt, menu, group photo



Date: _____

Experience #19

TAKE A GROUP PHOTO

Instructions:

Gather a group of people and take a photograph together. Capture a memory worth remembering.

 Leave Evidence You Lived

☐ I attached at least one photograph.

☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Printed photograph, invitation, event program



Date: _____

Experience #20

RECONNECT WITH SOMEONE

Instructions:

Reach out to someone you haven't spoken with in a while. Spend time reconnecting and catching up.

Leave Evidence You Lived

☐ I attached at least one photograph.

☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Photo together, greeting card, handwritten note



Date: _____

Experience #21

WRITE AND MAIL A LETTER

Instructions:

Write a handwritten letter and mail it to someone. Share encouragement, gratitude, or a meaningful message.

Leave Evidence You Lived

- ☐ I attached at least one photograph.
- ☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Copy of letter, envelope, postage receipt, return letter



Date: _____

Experience #22

MEET SOMEONE NEW

Instructions:

Introduce yourself to someone new (in person) and learn a little about them. Be curious, respectful, and open-minded.

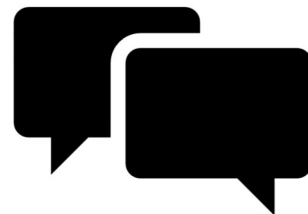
Leave Evidence You Lived

☐ I attached at least one photograph.

☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Name tag, business card, event flyer



Date: _____

Experience #23

HOST A BOARD GAME NIGHT

Instructions:

Invite friends or family to play board games together. Focus on fun, laughter, and connection.

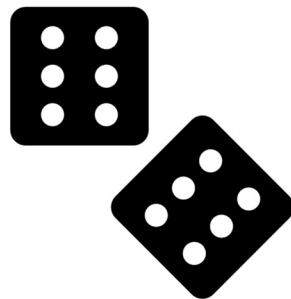
Leave Evidence You Lived

☐ I attached at least one photograph.

☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Score sheet, invitation, group photo



Date: _____

Experience #24

HOST A MOVIE NIGHT

Instructions:

Invite others to watch a movie together. Create a memorable evening and enjoy the experience.

Leave Evidence You Lived

- ☐ I attached at least one photograph.
- ☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Movie ticket, invitation, group photo



Date: _____

Experience #25

HOST A PICNIC

Instructions:

Pack a meal and enjoy it outdoors with others. Take time to relax, connect, and appreciate the setting.

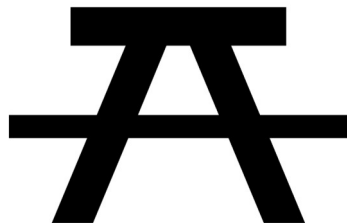
Leave Evidence You Lived

☐ I attached at least one photograph.

☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Park brochure, picnic menu, group photo



Date: _____

Experience #26

VOLUNTEER WITH OTHERS

Instructions:

Volunteer your time to help a cause, organization, or community project.
Work alongside others and make a positive difference.

Leave Evidence You Lived

- ☐ I attached at least one photograph.
- ☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Volunteer badge, event flyer, group photo



SECTION 4:

**FEEL MORE
ALIVE**

Date: _____

Experience #27

WATCH A PLAY OR A MOVIE

Instructions:

Attend a play or watch a movie at a theater. Enjoy the experience of storytelling and entertainment.

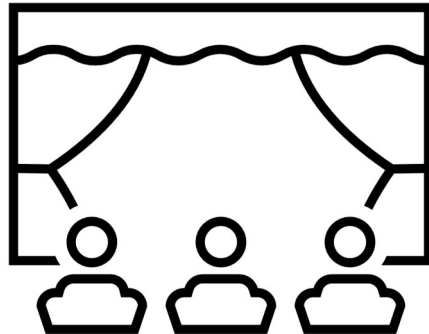
Leave Evidence You Lived

☐ I attached at least one photograph.

☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Ticket stub, program, receipt



Date: _____

Experience #28

VISIT A COMEDY CLUB

Instructions:

Attend a comedy show and enjoy an evening of laughter. Be present and enjoy the experience.

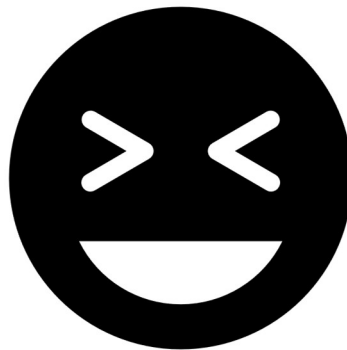
 Leave Evidence You Lived

☐ I attached at least one photograph.

☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Ticket, receipt, event flyer



Date: _____

Experience #29

VISIT A PLACE WITH A GREAT VIEW

Instructions:

Visit a location known for its scenic views. Take time to appreciate the landscape and surroundings.

Leave Evidence You Lived

☐ I attached at least one photograph.

☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Photograph, map, brochure



Date: _____

Experience #30

LISTEN TO LIVE MUSIC

Instructions:

Attend a live music performance. Enjoy the atmosphere and experience music in a live setting.

 Leave Evidence You Lived

☐ I attached at least one photograph.

☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Ticket stub, program, receipt



Date: _____

Experience #31

ATTEND AN OUTDOOR CONCERT

Instructions:

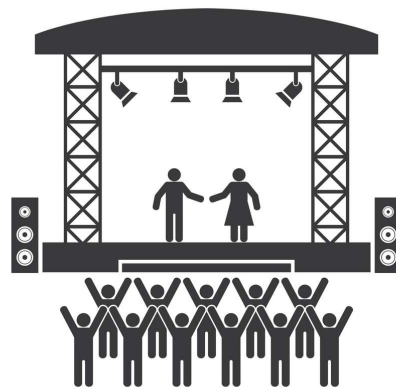
Attend an outdoor concert and enjoy live music in an open-air setting.
Relax and enjoy the event.

Leave Evidence You Lived

- ☐ I attached at least one photograph.
- ☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Ticket, wristband, event flyer



Date: _____

Experience #32

VISIT AN ICE CREAM SHOP

Instructions:

Visit an ice cream shop and try a favorite flavor or something new. Enjoy a simple treat.

Leave Evidence You Lived

- ☐ I attached at least one photograph.
- ☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Receipt, menu, loyalty card



SECTION 5:

MOVE MORE

Date: _____

Experience #33

TAKE A LONG WALK

Instructions:

Take a long walk at a comfortable pace. Enjoy the movement, scenery, and time to think.

Leave Evidence You Lived

- ☐ I attached at least one photograph.
- ☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Route map, step count screenshot, photograph



Date: _____

Experience #34

SPEND TIME OUTDOORS

Instructions:

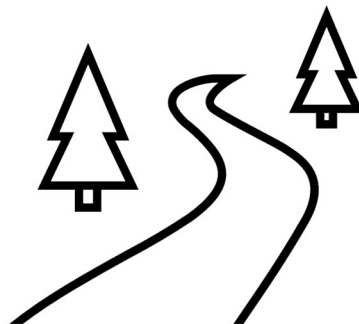
Spend meaningful time outside. Observe nature, enjoy fresh air, and appreciate your surroundings.

Leave Evidence You Lived

- ☐ I attached at least one photograph.
- ☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Photograph, park map, brochure



Date: _____

Experience #35

WALK A NATURE TRAIL

Instructions:

Visit a nature trail and explore at your own pace. Pay attention to plants, wildlife, and scenery.

Leave Evidence You Lived

☐ I attached at least one photograph.

☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Trail map, brochure, photograph



Date: _____

Experience #36

DANCE TO MUSIC

Instructions:

Put on your favorite music and dance. Focus on having fun rather than dancing perfectly.

Leave Evidence You Lived

- ☐ I attached at least one photograph.
- ☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Playlist screenshot, photograph, event flyer



Date: _____

Experience #37

GO SWIMMING

Instructions:

Go swimming at a pool, lake, beach, or other safe location. Enjoy being active and having fun.

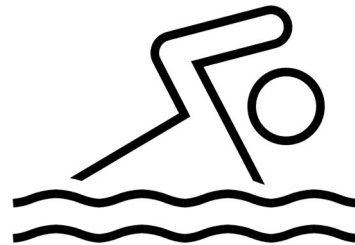
Leave Evidence You Lived

☐ I attached at least one photograph.

☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Admission receipt, pool pass, photograph



Date: _____

Experience #38

VISIT A DIFFERENT STATE

Instructions:

Travel to a state you have not visited before or revisit one you've not explored much. Discover something new.

Leave Evidence You Lived

- ☐ I attached at least one photograph.
- ☐ I attached at least one additional piece of evidence.

Evidence Ideas:

State map, receipt, brochure



Date: _____

Experience #39

GO BOWLING

Instructions:

Visit a bowling alley and play at least one game. Focus on having fun and enjoying the experience.

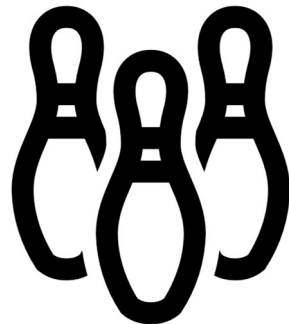
Leave Evidence You Lived

☐ I attached at least one photograph.

☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Score sheet, receipt, bowling alley flyer



Date: _____

Experience #40

RIDE A TROLLEY OR BUS

Instructions:

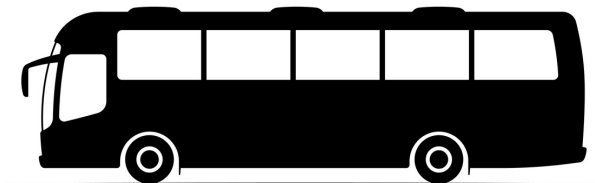
Take a ride on public transportation. Observe the community and enjoy the journey.

Leave Evidence You Lived

- ☐ I attached at least one photograph.
- ☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Ticket, route map, receipt



Date: _____

Experience #41

PLAY MINI GOLF

Instructions:

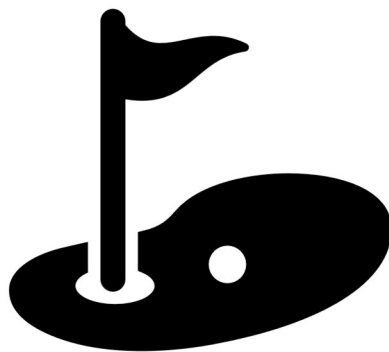
Play a round of mini golf with friends, family, or on your own. Focus on having fun.

Leave Evidence You Lived

- ☐ I attached at least one photograph.
- ☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Scorecard, receipt, photograph



Date: _____

Experience #42

PLAY FRISBEE GOLF

Instructions:

Visit a disc golf course and play a round. Enjoy the challenge and outdoor experience.

Leave Evidence You Lived

- ☐ I attached at least one photograph.
- ☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Scorecard, course map, photograph



SECTION 6:
CREATE MORE

Date: _____

Experience #43

BUILD SOMETHING (EVEN IF IT IS LEGOS)

Instructions:

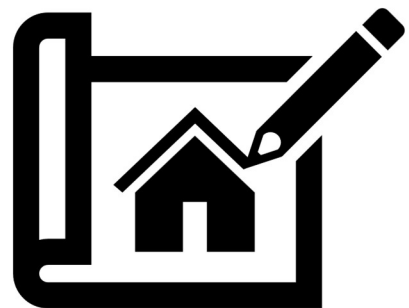
Build something using Legos, blocks, wood, cardboard, or other materials.
Focus on creativity and fun.

Leave Evidence You Lived

- ☐ I attached at least one photograph.
- ☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Photograph of creation, instructions, sketch



Date: _____

Experience #44

MAKE A SMALL CRAFT

Instructions:

Create a simple craft project. Use materials you have available and focus on the creative process.

Leave Evidence You Lived

- ☐ I attached at least one photograph.
- ☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Finished craft (if's a paper craft) supply receipt, pattern



Date: _____

Experience #45

MAKE A GIFT

Instructions:

Create or purchase a thoughtful gift for someone. Focus on kindness and generosity.

 Leave Evidence You Lived

☐ I attached at least one photograph.

☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Gift tag, photograph, wrapping paper



Date: _____

Experience #46

CREATE A CARE PACKAGE

Instructions:

Assemble a care package for someone who may appreciate encouragement or support. Include meaningful items.

Leave Evidence You Lived

- ☐ I attached at least one photograph.
- ☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Packing list, photograph, note card



Date: _____

Experience #47

TAKE PHOTOS OF ARTISTIC STRUCTURES

Instructions:

Photograph buildings, sculptures, bridges, murals, or other artistic structures. Look for interesting designs and details.

Leave Evidence You Lived

☐ I attached at least one photograph.

☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Printed photo, brochure, location map



Date: _____

Experience #48

VISIT A POTTERY CLASS

Instructions:

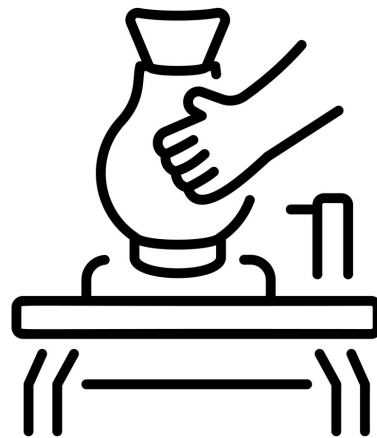
Attend a pottery class or pottery studio. Learn about the process and try creating something.

Leave Evidence You Lived

- ☐ I attached at least one photograph.
- ☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Finished pottery, class handout, receipt



Date: _____

Experience #49

VISIT AN ART OR PAINTING CLASS

Instructions:

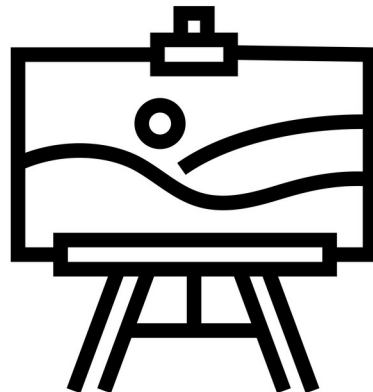
Attend an art or painting class and create something unique. Focus on the experience rather than perfection.

Leave Evidence You Lived

- ☐ I attached at least one photograph.
- ☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Artwork, class handout, receipt



SECTION 7:
LEARN MORE

Date: _____

Experience #50

VISIT A LIBRARY

Instructions:

Visit a library and explore books, resources, or programs. Spend time learning or discovering something new.

Leave Evidence You Lived

☐ I attached at least one photograph.

☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Library card, checkout receipt, bookmark



Date: _____

Experience #51

VISIT A MUSEUM

Instructions:

Visit a museum and explore exhibits that interest you. Take time to learn, observe, and appreciate something new.

 Leave Evidence You Lived

☐ I attached at least one photograph.

☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Ticket stub, brochure, exhibit map



Date: _____

Experience #52

VISIT A HISTORICAL SITE

Instructions:

Visit a historical site and learn about its significance. Imagine what life may have been like during that time period.

Leave Evidence You Lived

☐ I attached at least one photograph.

☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Brochure, admission receipt, site map



Date: _____

Experience #53

TAKE A CLASS

Instructions:

Take a class on a topic that interests you. Focus on learning something new and expanding your knowledge.

Leave Evidence You Lived

- ☐ I attached at least one photograph.
- ☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Certificate, handout, registration receipt



Date: _____

Experience #54

VISIT A CULTURAL EVENT

Instructions:

Attend a cultural event, celebration, performance, or gathering. Learn about traditions, customs, or experiences different from your own.

Leave Evidence You Lived

☐ I attached at least one photograph.

☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Program, ticket stub, event flyer



Date: _____

Experience #55

VISIT AN ART GALLERY

Instructions:

Visit an art gallery and spend time viewing the artwork. Notice different styles, techniques, and creative ideas.

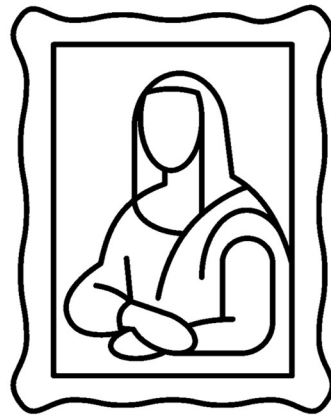
Leave Evidence You Lived

☐ I attached at least one photograph.

☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Gallery brochure, exhibit card, receipt



Date: _____

Experience #56

VISIT A STATE CAPITOL

Instructions:

Visit your state capitol building and learn about government, history, and public service. Explore the architecture and exhibits.

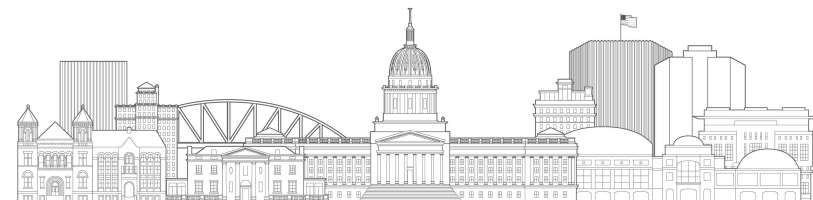
Leave Evidence You Lived

☐ I attached at least one photograph.

☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Capitol brochure, visitor guide, photograph



Date: _____

Experience #57

TAKE A FACTORY TOUR

Instructions:

Take a factory tour and learn how products are made. Observe the process and discover something you did not know before.

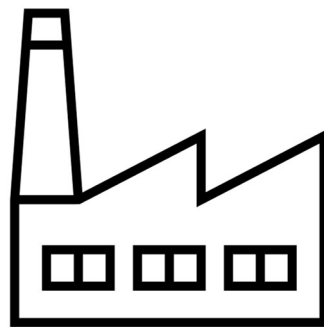
Leave Evidence You Lived

☐ I attached at least one photograph.

☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Tour ticket, brochure, visitor badge



Date: _____

Experience #58

VISIT A COLLEGE CAMPUS

Instructions:

Visit a college or university campus. Explore the grounds and learn about programs, traditions, or opportunities available there.

Leave Evidence You Lived

☐ I attached at least one photograph.

☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Campus map, brochure, visitor guide



SECTION 8:

**TRY SOMETHING
NEW**

Date: _____

Experience #59

ATTEND A FESTIVAL

Instructions:

Attend a festival and enjoy the activities, entertainment, food, and community atmosphere. Explore something new.

Leave Evidence You Lived

- ☐ I attached at least one photograph.
- ☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Festival program, wristband, ticket stub



Date: _____

Experience #60

VISIT SOMEWHERE NEW

Instructions:

Choose a destination you have never visited before. Spend time exploring and experiencing something different.

Leave Evidence You Lived

☐ I attached at least one photograph.

☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Receipt, brochure, business card



Date: _____

Experience #61

ATTEND A COMMUNITY EVENT

Instructions:

Attend a local community event and participate in the activities. Meet people and learn more about your community.

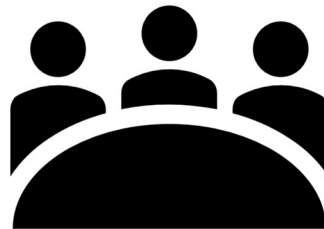
Leave Evidence You Lived

☐ I attached at least one photograph.

☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Event flyer, program, name tag



Date: _____

Experience #62

TRY A NEW RESTAURANT

Instructions:

Visit a restaurant you have never tried before. Order something new and enjoy the experience.

Leave Evidence You Lived

☐ I attached at least one photograph.

☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Receipt, menu, business card



Date: _____

Experience #63

LEARN A NEW GAME

Instructions:

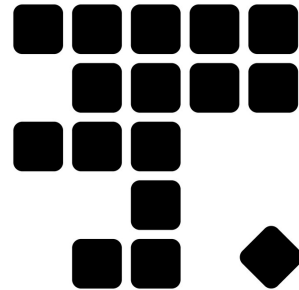
Learn a new card game, board game, sport, or recreational activity. Focus on learning and having fun.

Leave Evidence You Lived

- ☐ I attached at least one photograph.
- ☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Score sheet, rule sheet, game box photo



Date: _____

Experience #64

VISIT A CANDY STORE

Instructions:

Visit a candy store and explore the different treats available. Try something new or revisit a favorite.

Leave Evidence You Lived

- ☐ I attached at least one photograph.
- ☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Receipt, candy wrapper, business card



Date: _____

Experience #65

VISIT A BAKERY YOU'VE NEVER TRIED

Instructions:

Visit a bakery you have never visited before. Sample a baked item and enjoy the experience.

Leave Evidence You Lived

- ☐ I attached at least one photograph.
- ☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Receipt, menu, bakery business card



Date: _____

Experience #66

VISIT A BUSINESS OR SHOP YOU'VE NEVER BEEN TO

Instructions:

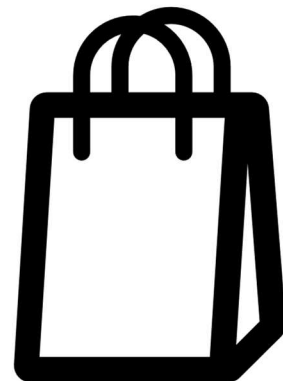
Explore a business or shop you have never visited before. Look around and discover something interesting.

 **Leave Evidence You Lived**

- ☐ I attached at least one photograph.
- ☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Receipt, brochure, business card



Date: _____

Experience #67

VISIT AN ANTIQUE STORE OR THRIFT STORE

Instructions:

Spend time exploring an antique or thrift store. Look for unique, unusual, or historical items.

 **Leave Evidence You Lived**

- ☐ I attached at least one photograph.
- ☐ I attached at least one additional piece of evidence.



Evidence Ideas:

Receipt, price tag, store flyer

Date: _____

Experience #68

VISIT A RECORD STORE

Instructions:

Visit a record store and browse the music collection. Discover a new artist or revisit an old favorite.

Leave Evidence You Lived

☐ I attached at least one photograph.

☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Receipt, album sleeve, business card



Date: _____

Experience #69

VISIT A SPORTING GOODS STORE

Instructions:

Visit a sporting goods store and explore equipment and products related to recreation, fitness, or outdoor activities.

Leave Evidence You Lived

- ☐ I attached at least one photograph.
- ☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Catalog, receipt, business card



Date: _____

Experience #70

VISIT A TOY STORE

Instructions:

Visit a toy store and explore the selection of games, puzzles, toys, and collectibles. Enjoy the experience of play and imagination.

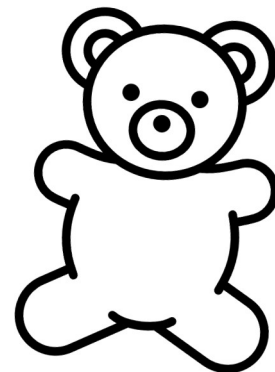
Leave Evidence You Lived

☐ I attached at least one photograph.

☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Receipt, toy catalog, business card



SECTION 9:

GO EXPLORE

Date: _____

Experience #71

EXPLORE YOUR TOWN

Instructions:

Spend time exploring your own town. Visit places you've overlooked and discover something new about where you live.

Leave Evidence You Lived

- ☐ I attached at least one photograph.
- ☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Town map, brochure, receipt



Date: _____

Experience #72

EXPLORE A NEARBY TOWN

Instructions:

Visit a nearby town and spend time exploring local attractions, businesses, and points of interest.

Leave Evidence You Lived

☐ I attached at least one photograph.

☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Map, brochure, business card



Date: _____

Experience #73

VISIT A CITY PARK

Instructions:

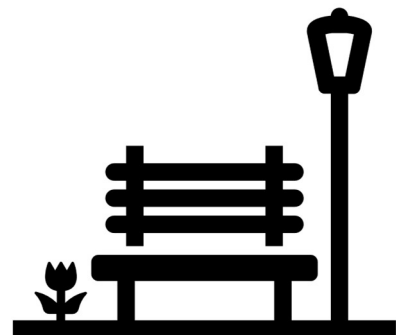
Visit a city park and spend time walking, relaxing, or exploring. Enjoy the outdoor environment.

Leave Evidence You Lived

- ☐ I attached at least one photograph.
- ☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Park map, brochure, admission receipt



Date: _____

Experience #74

VISIT A STATE PARK

Instructions:

Visit a state park and explore the trails, scenery, and recreational opportunities available there.

Leave Evidence You Lived

- ☐ I attached at least one photograph.
- ☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Park map, brochure, admission receipt



Date: _____

Experience #75

VISIT A NATIONAL PARK

Instructions:

Visit a national park and experience one of the country's natural treasures. Explore responsibly and enjoy the scenery.

Leave Evidence You Lived

- ☐ I attached at least one photograph.
- ☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Park map, brochure, admission receipt



Date: _____

Experience #76

VISIT A FARMERS MARKET

Instructions:

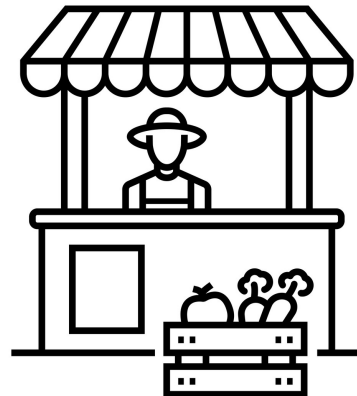
Visit a farmers market and explore the products available from local vendors. Support local growers and learn about fresh foods.

Leave Evidence You Lived

- ☐ I attached at least one photograph.
- ☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Receipt, vendor business card, market flyer



Date: _____

Experience #77

VISIT A SCENIC OVERLOOK

Instructions:

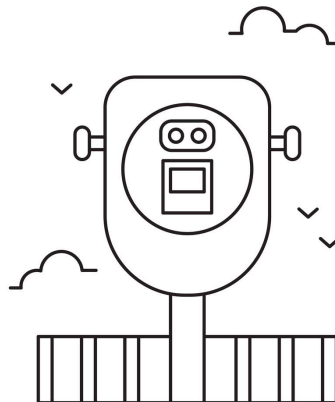
Visit a scenic overlook and take time to appreciate the view. Pause, observe, and enjoy the moment.

Leave Evidence You Lived

- ☐ I attached at least one photograph.
- ☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Photograph, map, park brochure



Date: _____

Experience #78

TAKE A SCENIC TRAIN RIDE

Instructions:

Take a scenic train ride and enjoy the journey. Observe the landscapes and appreciate the experience of travel.

Leave Evidence You Lived

☐ I attached at least one photograph.

☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Train ticket, schedule, brochure



Date: _____

Experience #79

ATTEND A PARADE

Instructions:

Attend a parade and enjoy the floats, performers, and community atmosphere. Take time to be part of the celebration.

Leave Evidence You Lived

- ☐ I attached at least one photograph.
- ☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Parade program, flyer, photograph



Date: _____

Experience #80

ATTEND A SPORTING EVENT

Instructions:

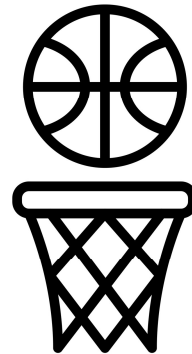
Attend a sporting event and enjoy the excitement of the game. Cheer for a team and take in the atmosphere.

Leave Evidence You Lived

- ☐ I attached at least one photograph.
- ☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Ticket stub, program, receipt, autograph



Date: _____

Experience #81

VISIT A HISTORIC HOME

Instructions:

Visit a historic home and learn about the people who lived there and the history of the property.

Leave Evidence You Lived

☐ I attached at least one photograph.

☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Brochure, admission ticket, postcard



Date: _____

Experience #82

TAKE A SELFIE AT A LANDMARK

Instructions:

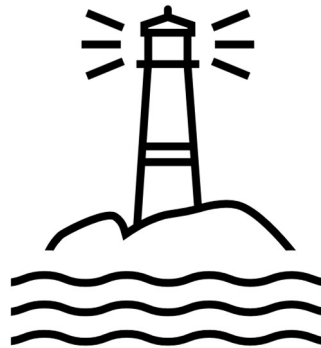
Visit a landmark and take a selfie to document your experience. Choose a location that is meaningful or memorable.

Leave Evidence You Lived

- ☐ I attached at least one photograph.
- ☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Selfie, brochure, postcard



Date: _____

Experience #83

VISIT AND SUPPORT A LOCAL NO-KILL ANIMAL SHELTER

Instructions:

Visit a local no-kill animal shelter and learn about the animals and services they provide. Consider donating or supporting their mission.

Leave Evidence You Lived

- ☐ I attached at least one photograph.
- ☐ I attached at least one additional piece of evidence.



Evidence Ideas:

Donation receipt, shelter brochure, volunteer flyer

Date: _____

Experience #84

TAKE AN AIRPLANE RIDE

Instructions:

Take an airplane ride to a new destination or revisit a favorite one. Enjoy the journey and the view from above.

Leave Evidence You Lived

☐ I attached at least one photograph.

☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Boarding pass, baggage tag, flight itinerary



Date: _____

Experience #85

VISIT A PETTING ZOO

Instructions:

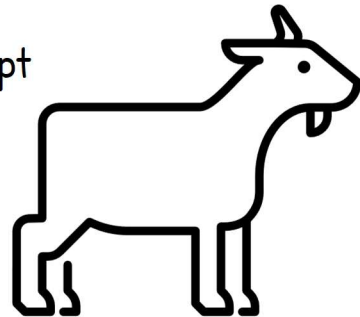
Visit a petting zoo and interact with the animals when appropriate. Learn about the animals and enjoy the experience.

Leave Evidence You Lived

- ☐ I attached at least one photograph.
- ☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Admission ticket, brochure, animal feeding receipt



Date: _____

Experience #86

VISIT AN AQUARIUM

Instructions:

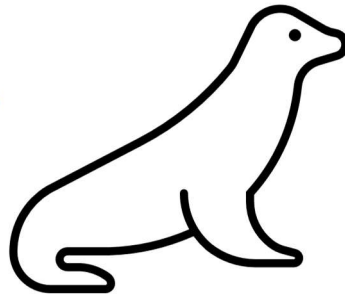
Visit an aquarium and explore exhibits featuring aquatic life. Learn about animals and conservation efforts.

Leave Evidence You Lived

- ☐ I attached at least one photograph.
- ☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Admission ticket, aquarium map, brochure



Date: _____

Experience #87

VISIT A CAVE

Instructions:

Visit a cave and explore its natural features. Learn about geology and the history of the site.

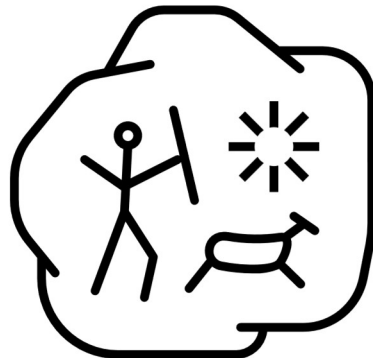
Leave Evidence You Lived

☐ I attached at least one photograph.

☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Tour ticket, cave brochure, map



Date: _____

Experience #88

VISIT A WATERFALL

Instructions:

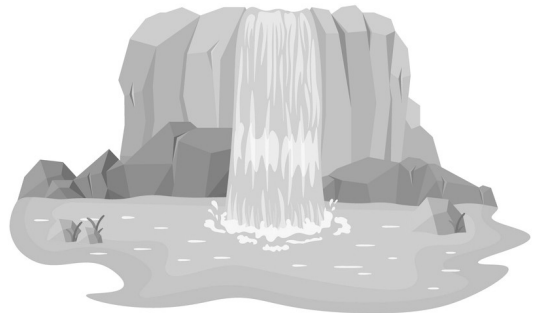
Visit a waterfall and spend time appreciating its beauty. Take time to enjoy the scenery and surroundings.

Leave Evidence You Lived

- ☐ I attached at least one photograph.
- ☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Photograph, park brochure, trail map



Date: _____

Experience #89

VISIT A DAM

Instructions:

Visit a dam and learn about its purpose, history, and engineering. Take time to explore the area.

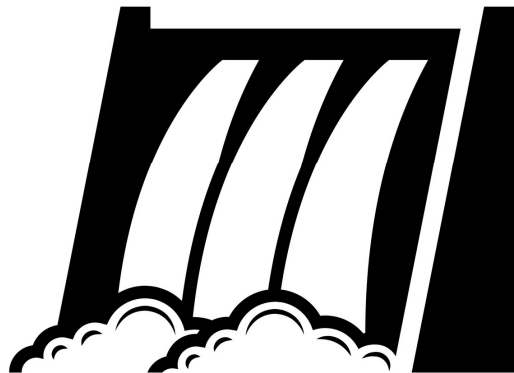
Leave Evidence You Lived

☐ I attached at least one photograph.

☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Visitor guide, brochure, photograph



Date: _____

Experience #90

VISIT A COUNTY FAIR

Instructions:

Attend a county fair and enjoy the exhibits, food, entertainment, and activities available.

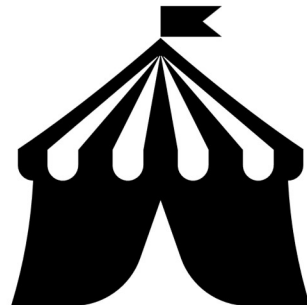
Leave Evidence You Lived

☐ I attached at least one photograph.

☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Ticket stub, fair program, ride wristband



Date: _____

Experience #91

ATTEND A SHOW

(CAR SHOW, CRAFT SHOW, ETC.)

Instructions:

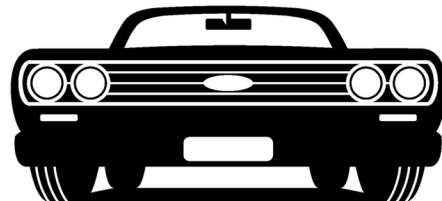
Attend a show that interests you and explore the exhibits, displays, and vendors. Take time to learn something new.

Leave Evidence You Lived

- ☐ I attached at least one photograph.
- ☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Program, admission ticket, vendor brochure



Date: _____

Experience #92

ATTEND A CHARITY EVENT

Instructions:

Participate in a charity event and support a cause that matters to you.
Enjoy being part of something meaningful.

Leave Evidence You Lived

- ☐ I attached at least one photograph.
- ☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Registration form, event flyer, donation receipt



Date: _____

Experience #93

ATTEND A FOOD TRUCK EVENT

Instructions:

Visit a food truck event and try food from one or more vendors. Explore new flavors and enjoy the atmosphere.

Leave Evidence You Lived

- ☐ I attached at least one photograph.
- ☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Receipt, event flyer, business card



Date: _____

Experience #94

ATTEND A HOLIDAY FESTIVAL

Instructions:

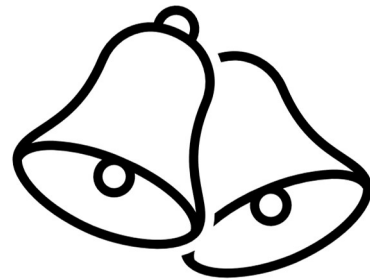
Attend a holiday festival and enjoy the seasonal activities, decorations, and traditions.

Leave Evidence You Lived

- ☐ I attached at least one photograph.
- ☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Program, event flyer, admission ticket



Date: _____

Experience #95

VISIT A BOTANICAL CONSERVATORY

Instructions:

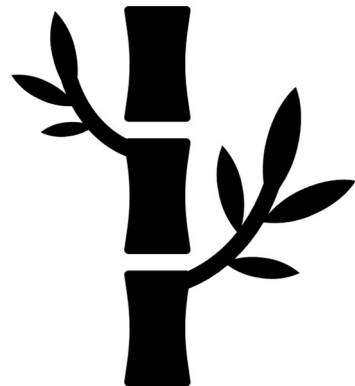
Visit a botanical conservatory and explore the plants, flowers, and exhibits. Appreciate the beauty of nature.

Leave Evidence You Lived

- ☐ I attached at least one photograph.
- ☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Admission ticket, brochure, plant guide



Date: _____

Experience #96

VISIT A BIRD SANCTUARY

Instructions:

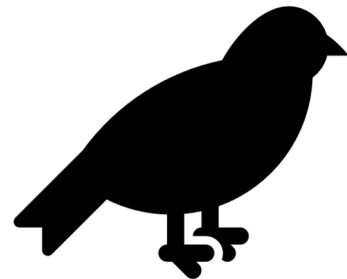
Visit a bird sanctuary and observe birds in their habitat. Learn about conservation and wildlife.

Leave Evidence You Lived

- ☐ I attached at least one photograph.
- ☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Brochure, bird checklist, admission receipt



Date: _____

Experience #97

TAKE A GUIDED TOUR

Instructions:

Take a guided tour and learn from an expert about a place, attraction, or topic of interest.

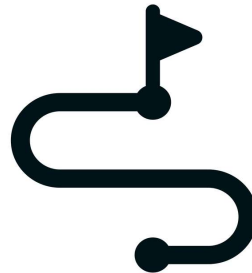
Leave Evidence You Lived

☐ I attached at least one photograph.

☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Tour ticket, brochure, visitor guide



Date: _____

Experience #98

TAKE A GHOST TOUR

Instructions:

Take a ghost tour and learn about local legends, history, and stories. Enjoy the experience with an open mind.

Leave Evidence You Lived

- ☐ I attached at least one photograph.
- ☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Tour ticket, brochure, map



Date: _____

Experience #99

VISIT A LAKE, RIVER, OR OCEAN

Instructions:

Spend time near a lake, river, or ocean. Relax, explore, and appreciate the beauty of the water.

Leave Evidence You Lived

- ☐ I attached at least one photograph.
- ☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Park map, admission receipt, brochure



Date: _____

Experience #100

VISIT A PUBLIC GARDEN

Instructions:

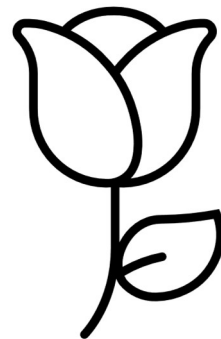
Visit a public garden and explore the flowers, plants, and landscapes. Take time to appreciate the beauty around you.

Leave Evidence You Lived

- ☐ I attached at least one photograph.
- ☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Garden map, brochure, admission receipt



Date: _____

Experience #101

SOMETHING MEANINGFUL TO YOU

Instructions:

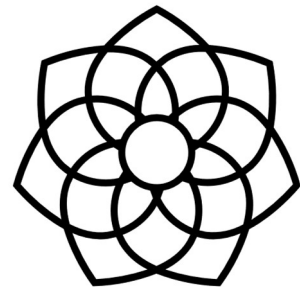
Choose an experience that is meaningful to you personally. There are no rules—make this final experience your own.

Leave Evidence You Lived

- ☐ I attached at least one photograph.
- ☐ I attached at least one additional piece of evidence.

Evidence Ideas:

Photograph, keepsake, anything meaningful to you



SECTION 10:
YOUR TIME
CAPSULE

Date: _____

TIME CAPSULE

Instructions:

Use these pages to save photographs, tickets, postcards, notes, drawings, stickers, receipts, and other memories that are important to you.

There are no rules.

Fill these pages with moments, memories, and evidence from your life adventures.

Leave Evidence You Lived

Date: _____

TIME CAPSULE

Instructions:

Use these pages to save photographs, tickets, postcards, notes, drawings, stickers, receipts, and other memories that are important to you.

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Leave Evidence You Lived

INFLUENCES



Rec My Life is an experiential leisure and adventure journal
inspired by a variety of books, ideas, and experiences.



1. Keri Smith - Wreck This Journal

Helped demonstrate that a book can be something you do,
not just something you read.

2. Norma J. Stumbo - Leisure Education I:
A Manual of Activities and Resources

Reinforced the value of meaningful leisure experiences
and inspired many of the activities found throughout this journal.



3. Geoffrey Godbey - Freedom From / Freedom To

His ideas about leisure as both freedom from obligations
and freedom to explore, create, learn, and grow helped
shape the philosophy behind this journal.

4. Austin Kleon - Steal Like an Artist

Encouraged me to learn from existing ideas while
creating something new and original.

5. Seth Godin - The Practice

Encouraged me to create, contribute, and ship my work
into the world. Ideas become meaningful when they are shared.

Create. Contribute. Ship.



6. Simon Sinek - Start With Why

Reminded me that meaningful projects begin with purpose.
The purpose of this journal is simple: to help people
create memories, explore the world, and live more fully.

Life is meant to be experienced.



Thank you for joining the adventure.

- Danny W. Pettry II

JOIN OUR **REC MY LIFE**

COMMUNITY ON FACEBOOK!



SHARE.
CONNECT.
INSPIRE.

Share your experiences,
upload photos, and leave
evidence you lived
your life!



www.facebook.com/groups/RecMyLife

REP YOUR REC MY LIFE

Wear it. Stick it. Tote it. Sip it. Live it.

Show your love for adventure, memories,
and living life to the fullest with
official Rec My Life gear!



T-SHIRTS



STICKERS



BOOK TOTE



COFFEE MUG

GET YOURS TODAY!

Scan the QR code or visit
cafepress.com/shop/RecMyLife

to grab your gear and
represent the adventure!



Scan to
visit our
shop!

Every purchase supports the Rec My Life mission
and helps you live more, remember more, and share more. ♥

≡ SHARE THE ADVENTURE ≡

Know someone who might enjoy Rec My Life?



Share the free PDF edition with friends, family members, coworkers, neighbors, recreation professionals, students, club members, and anyone looking to create more meaningful experiences.



≡ FREE PDF DOWNLOAD ≡



The free PDF edition of Rec My Life is available when individuals join the Rec My Life mailing list.

Members receive:

- Access to the free PDF download
- Updates about the Rec My Life™ brand
- New recreation experience ideas
- Future projects, resources, and opportunities
- Inspiration to explore, connect, and create memories



≡ INVITE OTHERS TO JOIN ≡

Scan the QR code below or visit:

RecMyLife.com/FREEdownload



It's free.
It's easy.
It's worth it.



ONE MORE THING...

Don't keep the adventure to yourself.

Share it.

Create memories.

Leave evidence you lived.



REC MY LIFE CLUB

Invite a few friends, family members, neighbors, coworkers, classmates, or community members to join your Rec My Life Club.

As a group, agree to complete at least 12 experiences together over the next year.

That's only **one adventure** each month.

Explore. Connect. Create memories. Leave evidence you lived.

Club Members (12)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

Our 12 Club Adventures

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

Club Notes

≡ HELP SHAPE ≡ THE FUTURE OF REC MY LIFE™

Registered Trademark Pending

Rec My Life™ was created to encourage people to explore, connect, create memories, and leave evidence they lived.

As the project continues to grow, there may be opportunities for an individual, organization, entrepreneur, publisher, recreational therapist, or creative leader to help expand the brand and reach new audiences.



WHAT COULD BE INCLUDED

- Rec My Life™ Brand
- Rec My Life Logo
- RecMyLife.com
- Rec My Life Facebook Community
- Rec My Life CafePress Store
- Existing Merchandise Designs
- Existing Journal Content
- Future Development Opportunities

FUTURE EXPANSION IDEAS

- Rec My Life in California
- Rec My Life for Artists
- Rec My Life for Comic Book Fans
- Rec My Life for Seniors
- Rec My Life for Parks & Recreation
- Rec My Life for Families
- Rec My Life for Teens
- Rec My Life Adventure Clubs
- Community-Based Rec My Life Programs

≡ The possibilities are limited only by imagination. ≡

INTERESTED?

The creator welcomes conversations with individuals, organizations, publishers, entrepreneurs, and others who may be interested in helping expand, license, acquire, steward, or further develop the Rec My Life™ brand.

≡ Email: ≡

Danny@DannyPettry.com

≡ Help shape the future of Rec My Life™. ≡



— ATTENTION RECREATIONAL THERAPISTS —

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Danny W. Pettry II, CTRS, LPC, NCC



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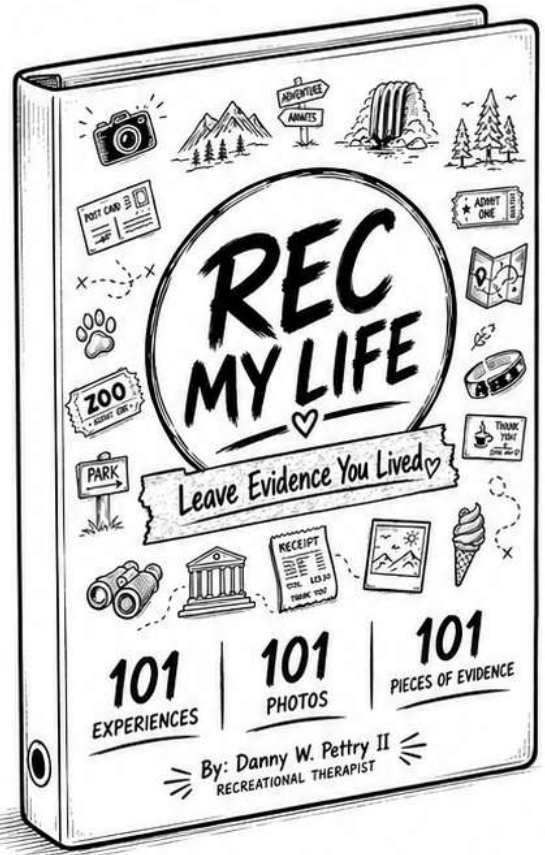
Don't Just Live Life... **LEAVE EVIDENCE YOU LIVED.** ♡

101 EXPERIENCES. 101 PHOTOS. 101 PIECES OF EVIDENCE.

Create a keepsake you'll treasure for years—
and one your family will treasure someday.

WHY OWN THE PHYSICAL BOOK?

- ✓ Capture your adventures in one place
- ✓ Attach tickets, postcards, receipts, and souvenirs
- ✓ Flip through your memories anytime
- ✓ Create something no phone or social media feed can replace



PERFECT FOR...



A thoughtful
Gift



Couples
Date Nights



Family
Adventures



Grandparents &
Grandchildren



Graduation
Gift



Bucket
Lists



Travel
Companion



Retirement
Memories



Homeschool
Enrichment

START YOUR OWN

REC MY LIFE CLUB! ♡

Invite friends or family to complete one adventure
each month, then meet to share stories, photos,
and memories.



- Create together
- Encourage each other
- Make memories
- Celebrate life!



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Scan the QR code
with your phone
camera to order
your copy on
Amazon!

WHO WILL YOU BUY ONE FOR?

- | | | | |
|---|--|---|---|
| ☐ Yourself | ☐ Your child | ☐ Your best friend | ☐ A classroom or youth group |
| ☐ Your spouse or partner | ☐ Your grandchild | ☐ A teacher | ☐ Our Rec My Life Club |
| ☐ Your parents | | | |



Give the gift of
memories that last
a lifetime.

Every adventure leaves a story.
LEAVE EVIDENCE YOU LIVED. ♡

ABOUT THE CREATOR

OF REC MY LIFE



⇒ Danny W. Pettry II is a helper, leader, guide, and lifelong learner who believes that meaningful experiences can change lives.

⇒ Since 2002, Danny has worked at a psychiatric hospital providing services and support to people of all ages. Throughout his career, he has encouraged individuals to discover their strengths, explore new opportunities, and find joy through recreation, creativity, and meaningful activities.

Danny earned a Master of Education (M.Ed.) in Mental Health Counseling from Lindsey Wilson College in Columbia, Kentucky (2012); a Master of Science (M.S.) in Recreational Therapy from Indiana University – Bloomington, Indiana (2006); and a Bachelor of Science (B.S.) in Park Resources and Leisure Services with an emphasis in Therapeutic Recreation from Marshall University in Huntington, West Virginia (2002). While pursuing both graduate degrees, he continued working full-time.

→ Danny is the Director of Continuing Education for Rec Therapy Today, an online continuing education program that helps recreational therapists grow professionally and improve the lives of the people they serve.



As a teenager, Danny was an avid skateboarder. Today, he enjoys spending time with family, reading self-improvement books and comic books, drinking coffee, eating cookies, and relaxing with a good movie. Recreation and the lessons it taught him led to a path out of West Virginia home.

Danny created **Rec My Life** to encourage people to collect experiences, create meaning, and live fully. He believes there is no single right way to enjoy life—and that every person deserves opportunities to explore, grow, connect, create, and make lasting memories.

