

# Try Many New Experiences but Be Prepared for the Universe to Keep You Within Your Boundaries.

*New experiences and adventures are a way to improve life and build a newly reinvented life.*

## New Experiences



So many new things to try  
I said to my curious self.....  
So many experiences yet to live  
I adventurously said to myself.....  
But the more things I try  
The more I crash on the couch  
The more experiences I try to have  
The more the universe says no you cannot.  
The balance of doing or not live within  
Decisions are difficult when I want to live a full life  
again  
The craziness of trying puts my brain in a spin  
So I learn to go slowly and rest more than I need  
For to do way too much with a brain injury does not  
set me free.

My friends in the brain injury world often talk about returning to their “old” life. Full of adventure, the job that they loved, the experiences and hobbies they can no longer do. However, now it is about the naps that get all of us through the day. Some people with acquired brain injuries do get their “old” life back and that is wonderful. But what if the harder you try to get your old activities back...the farther they seem to move away as a possibility to achieve again? It happens. Not only in the brain injury world but in other worlds too. There is loss and change that occurs many times in our life and we learn to live with what we have. The trick to creating a “good” life again is to try new experiences and things that maybe we didn’t do before. There are many things you could try that you haven’t done before. Something with

art or music, food or going somewhere new. Sometimes an adventure can be as simple as eating out or going for a ride with someone. For myself, an adventure can be as simple as going to a store and that is because I need a lot of strategies and rest in order to have someone take me to a store.

Experiences and adventures are meant to be fun and often they are something new.

Journal prompt: These are some of the experiences and adventures I might like to try:

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We all go through changes in our life and we need to have purpose in our lives or a reason to get up in the morning. It is important to find the good news and keep a positive attitude. And with that all said, the challenge is to do new things but not to overdo. To not overwhelm oneself. Experiences, adventures and trying new “things” are important to self-growth but if you overdo it will be only you spending your time on the couch recuperating. And getting your strength back often takes longer than the overdoing fun that you had.

So, here are some possibilities for taking care of yourself so that the universe doesn't put you back within your boundaries for you:

- Become self-aware of what you can do in your new circumstances
- Check in with yourself to not get overtired or overwhelmed
- Find a way to take breaks
- Change the channel in your head by changing the activity that you are doing
- Drink water
- Get into a position that is very relaxing for you and rest

Journal prompt: These are some of the strategies I can use to enjoy new experiences I might like to try.

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Affirmation: I can try new experiences and adventures that will improve my reinvented life.