

# WARM UP EXERCISE

## WELCOME TO THE EXERCISE

This exercise helps to encourage discussion about priorities, collaboration, and how each person navigates uncertainty and progress, using a nature journey as a metaphor for the team's shared business journey.



The Outspire bag of kit



--	--	--	--	--	--



**Duration:** 5- 10 minutes, depending on group size.

**Purpose:** To spark conversation about priorities, teamwork, and how each person approaches uncertainty and progress using a nature journey as a metaphor for the team's collective business journey.

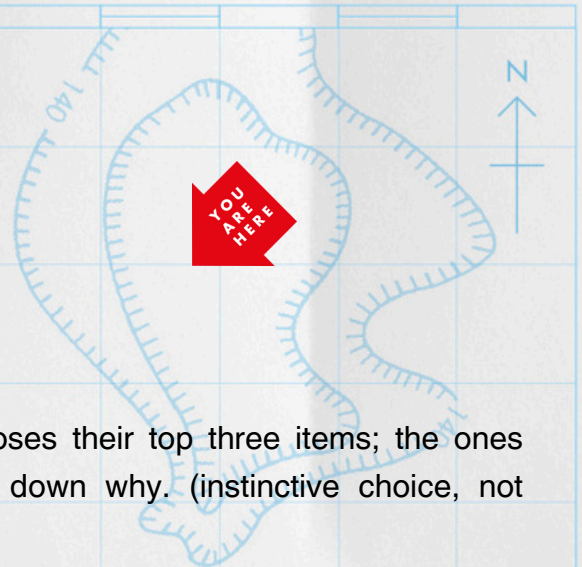
### Scenario:

Imagine this: our team is about to embark on a two-day journey across unfamiliar yet beautiful terrain. We don't know exactly what weather we'll face; there may be fog, steep climbs, or open meadows, but we do know that the destination holds opportunities and perspectives we can't reach from where we are now. Before we set off, we've been told we can only take three items from the list below to see us through safely, wisely, and well.

### THE ADVENTURE ITEM LIST

1. A map of the area
2. A GPS device
3. A durable tent
4. A box of matches
5. A large water container
6. A pack of high-energy snacks
7. A camera
8. A rope (20 feet)
9. A multi-tool with a knife
10. A first aid kit
11. A set of walkie-talkies
12. A sleeping bag for each team member
13. A flashlight with spare batteries
14. A book about local wildlife
15. A lightweight cooking stove





## INSTRUCTIONS

- 1. Individually (2 minutes):** Each person chooses their top three items; the ones they'd want to take on this adventure, and jot down why. (instinctive choice, not overthinking)
- 2. In a group (2 minutes):** Compare your choices. Discuss:
  - What guided your decision: safety, efficiency, exploration, comfort?
  - How do your choices complement or conflict with each other?
- 3. Whole group reflection (1 minute):** The facilitator asks:
  - What patterns do you notice in how we approached this?
  - If this adventure represents our business journey ahead, what does it reveal about how we set priorities, prepare for the unknown, and support one another on the trail?

## THE OUTSPIRE LINK

**Leadership and strategy are journeys, not destinations.** The map helps, but so does the conversation about which path we choose, what we carry, and what we're willing to leave behind. Every team has its adventurers, its navigators, and its steady anchors. This exercise helps surface them before the climb begins.

Being open to what is, the landscape as it actually appears, can reveal what the task at hand truly needs. And when we use the metaphor of an adventurous journey, it can cast a powerful spotlight on the current situation: the terrain, the obstacles, the opportunities, and the shared direction of travel.

### Outspire Invitation

If this guide has resonated with you and you'd like to explore how these ideas could strengthen your own leadership practice, let's take some time to discuss. Let's find a convenient time.

A conversation, not a commitment to explore where you are, what's shifting, and how Outspire Coaching can help you realign, refocus, and lead with greater clarity and calm.