MOMENTS THAT MATTER



A Field Guide
to Feeling More Alive in Ordinary Life

By Amanda Lanham

What if you treated life as an adventure: not just the big moments, but the small ones too?



“We don’t actually get given 4000 weeks, or even one week.

You just get one moment after another.”

Oliver Burkeman

WELCOME FRIEND

This field guide is about intentionally setting time aside in your life for ‘moments that matter’ through side-quests / adventures / explorations / rewarding yourself with time and experiences.

When we consider retrospectively who or what has been defining in our lives, it’s sometimes experiences we have intentionally set out to do, interspersed with magic moments of serendipity.

The field guide is designed to deeply consider what would you choose to create in your life and who you might want to share it with, as a witness or active participant.

Life’s most memorable and impactful experiences don’t have to be random, we can design them for ourselves and feel empowered and connected by the creation of them.

We can create for ourselves moments that elevate, inspire, delight, cherish and connect. In so doing we deepen the connection to ourselves, our friends, family and nature and our environment. In this way we turn everyday interactions into more meaningful experiences by recognising the potential of each little moment as a grain of sand on the beach of life.

Our lives are not measured by the sum of our days, but by our own presence within the standout moments within them. So let’s get to making ’moments that matter’.

Love from Amanda



THE LIST

By intentionally designing experiences that invite newness, you're fostering not just learning, but the vibrancy of life itself.

See each week's quest not as an obligation, but as a conversation with place. An invitation to slow down, listen, and allow the world to reveal itself

Here are some ideas for what you can call it to excite and beguile you...

Moments that matter

Milestones

Quests

Way posts

Landmarks

Crusades

Voyages

Stardust Steps

Rituals of Becoming

Adventures

The Inner Compass Record

Markers of Magic

Side-step Celebrations

Tiny Triumphs

Wander Wins

Heros' Breadcrumbs

The Loreboard

Adventure Tokens

Journey Juju

Portal Moments

Explorations

Path points

The curiosity route

The wanderlist

Map pins of Marvels

The Questy Besties

LIST OF REWARDS for yourself

Look-What-I-Did List

Ta-Da! Moments

The "Heck Yes!" Heap

Glory Sprinkles

The Gold Star-ish Things

The Whoop Board

The "I Did a Thing" List

Snack-Sized Victories

The Glimmer List

The Aliveness List

The Questicle List (a little cheeky)

The Wonderlog

The Slightly Unhinged Progress Chart

ACCOUNTABILITY

Personally, in my 10 years of doing this practise, I have tried various ways of being accountable. And it's more fun if you're consistent.

Phone List: Keep it easy and write a tick off list on my phone in notes.

Shareable / Editable / Joinable: One year I wanted to share it with friends so I tried a google excel spreadsheet – shareable and friends could pick which ones they wanted to join.

Bag o' Adventure: One year I wrote each of the 'quests' on notes and stuck them in an "adventure" pencil case to pull out at random each week – so it was a SURPRISE.



Some other ideas...



Scroll of Wonder: Write each quest on a strip of paper and glue or tape them together to create a long, unfolding scroll. Can hang it like a paper tapestry, or roll it like an ancient artifact.

Deck of Curiosity Cards: Make a deck of physical cards with one quest per card. Use color coding for levels (e.g., Level 1 = yellow, Level 2 = green, Level 3 = blue). Add symbols or themes (e.g. 🌿 nature, 🧠 mindset, 💫 imagination). Shuffle and draw one anytime

Curiosity Passport: Design a little handmade or printed "passport" where you write or stamp each quest as you complete it. Add "stickers" or "stamps" for extra delight. You could also include reflection pages like "What did you notice?" or "What surprised you?"

ACCOUNTABILITY

Wonder Wall or Peg Board: Use a bulletin board or pegboard with mini envelopes, pegs, or folded papers with quest prompts. Rotate them monthly or let them accumulate like a museum of past adventures.

Brainstorm Dice / Spinner Wheel: Create a dice or spinner with categories (e.g., “Sensory,” “Movement,” “Whimsy,” “Reflection”). Roll/spin to get a theme, then pull from a category-based quest list.

Quest Journal + Field Notes: Keep a quest journal and include prompts on the corner of each page and leave space to document your journey. You could also create a “Field Notes” mini booklet to carry on nature quests.

Curiosity Box / Mystery Drawer: Fill a box with folded paper quests or objects with stories attached add little surprises or totems to draw inspiration from — a button, a stone, a map...



Digital Treasure Map: Create a map or diagram (in Notion, Miro, Canva, etc.) where each “location” is a clickable quest idea. Add journal notes, photos, or reflections linked to each.

Quest-a-Calendar or Jar: Like an advent calendar, but year-round. Create tiny notes and pop them in a jar to draw as you want to explore. You could add “wild cards” like “invite a friend” or “do this backward.”

Video or Audio Quest Logs: Record voice memos to yourself with quest ideas or post-quest reflections or make short video logs as playful time capsules.

Ritual Object or Totem Box: Keep a small object (a shell, stone, or symbol) that “holds” the next quest. You whisper the prompt to it, and next time, it “tells” you what to do (like a talking stick with a twist).

THE 3 HORIZONS

Horizon 1: The Taste Taster

Vibe: Dip your toe in. A spark of presence. A pocket of wonder.
Perfect for: People who feel rushed, overwhelmed, or just want to try something small.
Choose as many quests that you feel are within your level of excitement and don't feel like a task/chore.

Horizon 2: The Meal

Vibe: Stretch gently. Let curiosity lead. Begin to wander or wonder.
Perfect for: People ready to explore a bit more deeply and still want something simple and light.
Choose to stretch yourself a little and add a few more quests than you are actually comfortable with, involve a buddy and intentionally bite off more than you can chew.

Horizon 3: The Degustation Feast

Vibe: Enter the threshold. Invite transformation. Let the quest shape you.
Perfect for: People who want full immersion, ritual, or reflective depth.
The Soul Quest – go the whole hog. Find 52 quests and embrace one a week for the year!



How Deep?

You could also choose how deep you want to go
to make it more fun

Level 1	Level 2	Level 3
Tiny Triumphs	Bold-ish Moves	Ridiculously Glorious Adventures
Dip a toe	Wade in	Cannonball of Destiny
I did a thing	Look at me go	Call me an Oracle
Snack-sized Wins	Slightly unhinged challenges	Winner Winner Chicken Dinner



QUEST COMPANIONS

The same walk, but seen with new eyes, new focus, new perspective.

Novelty is everywhere, waiting to be seen.

We think of novelty as something we find, but it's something we create, by choosing to look again.

Paying close attention: you might walk the same way 100 times, but attention to small details makes it new and vibrant with presence.



QUEST COMPANIONS

Leave room for serendipity.

See each week's quest not as an obligation, but as a conversation with place.

Reward yourself for being in the process and the journey of being here and savouring your life.

Life isn't just measured in years it's measured in moments.



QUEST COMPANIONS

This isn't about doing more. It's about experiencing more.

What is the land whispering to you today?

The more senses involved, the more it sticks and slows time.

You don't need a new life. You need a new lens.



WAYS OF SEEING

Notice all the RED things...

Interview a tree like it's a local elder.

You are now the Keeper of Small Wonders: collect three.

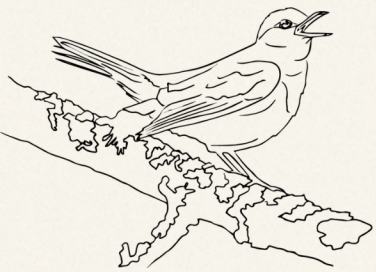
Find and photograph 3 new leaves and analyse their shape/size/textures.



WAYS OF SEEING

Close your eyes and name 5 scents in the air, 5 birds, 5 trees, 5 friends.
Even better: tell those 5 friends what they mean to you.

Trace the shape of the wind with your body.



Listen for the birds and sense where you feel the sound you can hear?
where does it resonate in your body?

CHILDREN COLLECT MOMENTS OF FIRSTS

ADULTS REPEAT SCRIPTS.



Powerful moments
come from breaking the script.



Where can you break the script today?

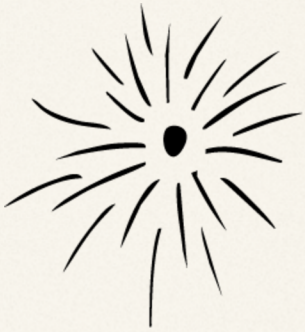
This week?

This year?

Who can you enlist to help you?

What is something in your life that has been tugging on your sleeve or elbow and really wants some more attention?

FIND THE SPARK



LITTLE WINS THAT WAKE YOU UP TO WONDER

Time seems to move faster as we age
because we stop doing new things

You are more likely to do something
that you genuinely look forward to
and feels like a reward,
not a chore.

FIND THE SPARK



Observe what returns when rushing leaves the body.

There are landscapes that remember you differently.

Recall three moments today where life felt mutual.

Pay attention to what opens when nobody is trying to optimise the moment.

Notice which parts of your life are starving from lack of wonder.

THE HOW

Creating a moment that matters

People tend to recall the **peak** and the **ending** of an experience. So intentionally articulating this part in a project or life event for yourself or someone else can make it more memorable and powerful.

Novelty burns brighter in our memories.

Elements to consider in creating POWERFUL moments

Surprise / delight / sensory experience / unexpected

Powerful realisations / shift perspectives / insights (Insight can be engineered by asking powerful questions, reflection and confronting own truths.

Connection and sharing

Finding leverage point in your life – Small gestures that have huge impact

Pride / recognition / milestones / efforts and achievements: Pride arises through expanding comfort zones



CONGRATULATIONS

CONGRATULATIONS ON FINISHING THIS LAYER ON THE ARTWORK OF YOU!

This field guide isn't really a set of prompts or practices, it's a quiet reorganisation of how ordinary life is seen.

It doesn't ask people to do more, or become better, or optimise their days, it works at the level before that, the level where attention decides what even counts as meaningful in the first place.

Over time, it gently shifts perception so that life is no longer experienced as separate tasks or isolated moments, but as a living, relational system where everything is already in conversation with everything else.

In that shift, reciprocity stops being an idea to remember and becomes something that is simply visible and what becomes visible begins to feel obvious.

Want more to **weave?** Want to thread yourself into the wholeness of life? Join us in the Wild Weaver Seasonal Community.

