



Paris' Promise

FOUNDATION



The Adventure Journal

*Creating meaningful moments for you
and your dog*

The Adventure List

Check off each adventure as you complete it together.



FEEL THE WATER TOGETHER



TAKE A SUNRISE OR SUNSET WALK



SLEEP UNDER THE STARS TOGETHER



TAKE A ROAD TRIP TO SOMEWHERE NEW



HAVE A PHOTO SESSION



MAKE PAW PRINT ART TOGETHER



MAKE THEM A HOMEMADE TREAT



VISIT A DOG-FRIENDLY CAFÉ OR RESTAURANT



TAKE A WALK THROUGH A FARMERS MARKET



HAVE A BACKYARD PICNIC



LET THEM RUN FREE IN AN OPEN FIELD



SPEND A FULL YES DAY WITH THEM



LET THEM CHOOSE THE PATH ON A WALK



VISIT THE PLACE WHERE YOU GOT THEM



WRITE THEM A LETTER



WATCH A MOVIE OR READ A BOOK ALOUD



TAKE A BOAT, KAYAK, OR FERRY RIDE



SPEND AN AFTERNOON IN THE SUN



CREATE A COZY COMFORT DAY AT HOME



LIST YOUR FAVORITE THINGS ABOUT THEM



COOK THEM A SPECIAL MEAL



CREATE A MEMORY BOX TOGETHER



TAKE A VIDEO THAT IS JUST FOR YOU



SHARE THEIR FAVORITE PLACE



CELEBRATE YOUR JOURNEY TOGETHER

Feel the Water Together

DATE: _____

Spend a little time near the water and let your dog explore at their own pace.

BEFORE YOU BEGIN

What do you think your dog enjoys most about being outdoors? How do you imagine they'll respond to the water?

DURING YOUR ADVENTURE

Describe the moment they first touched the water. What did you notice about them? What did you notice about yourself?

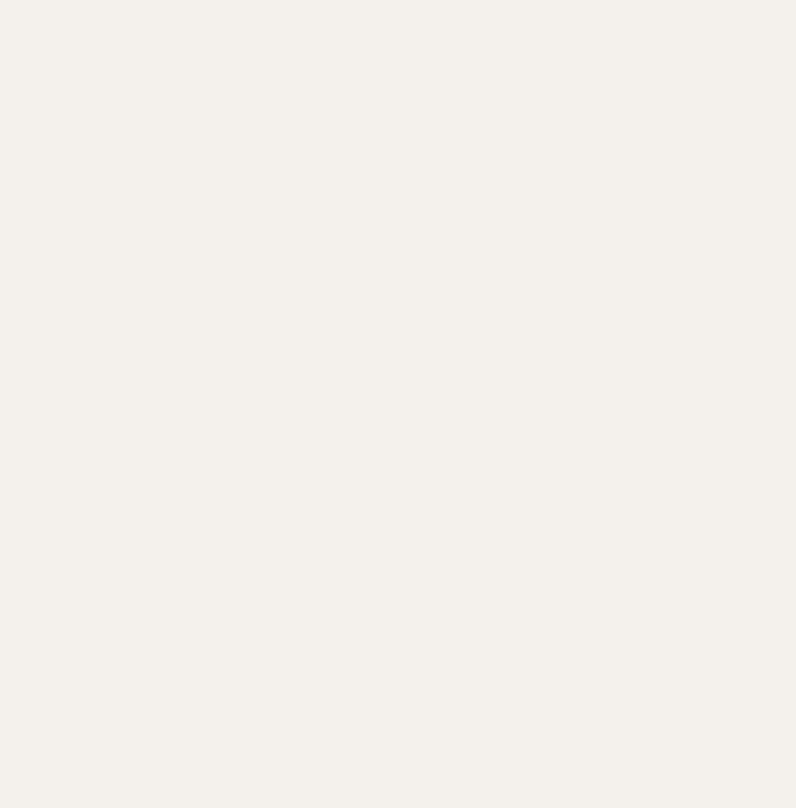
AFTER YOUR ADVENTURE

What did this experience make you feel? Is there a part of this moment you hope you'll always remember?

Feel the Water Together

DATE: _____

Add a favorite photo, a sketch, or a few words that capture the feeling of being there together.



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Take a Sunrise or Sunset Walk

DATE: _____

Choose a new place to explore together during the quiet light of sunrise or sunset.

BEFORE YOU BEGIN

Where will you go? What drew you to this place? What are you hoping this walk will feel like?

DURING YOUR ADVENTURE

What did your dog notice that made you smile? What caught your attention along the way?

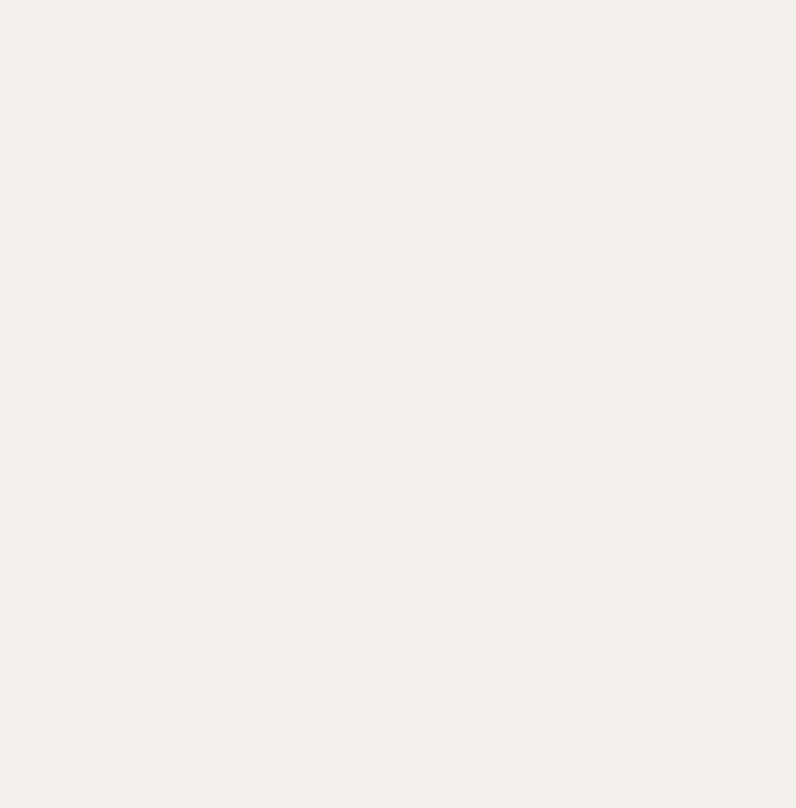
AFTER YOUR ADVENTURE

How did this walk feel different from your usual routine? What moment would you like to carry with you?

Take a Sunrise or Sunset Walk

DATE: _____

Save a photo or write down a color, sound, or small detail you don't want to forget.



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Sleep Under the Stars Together

DATE: _____

Whether it's your backyard, a porch, or a campsite, spend a peaceful evening together beneath the night sky.

BEFORE YOU BEGIN

What are you looking forward to most about spending this time together outdoors?

DURING YOUR ADVENTURE

What do you remember most about the evening? How did your dog settle in?

AFTER YOUR ADVENTURE

What did the quiet of the night make you think about? How did it feel simply being together?

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Sleep Under the Stars Together

DATE: _____

Write a few words about the conversations, thoughts, or quiet moments you shared.



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Take a Road Trip to Somewhere New

DATE: _____

Take a drive somewhere you've never explored together and enjoy the journey as much as the destination.

BEFORE YOU BEGIN

Where are you headed? What made you choose this place?

DURING YOUR ADVENTURE

What moments from the trip made you smile? What seemed to bring your dog the most joy?

AFTER YOUR ADVENTURE

What did this adventure remind you about the time you shared together?

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Take a Road Trip to Somewhere New

DATE: _____

Save a favorite photo, keepsake, or a sentence that captures the day.



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Have a Photo Session

DATE: _____

Create lasting memories with photos that reflect the connection
you share.

BEFORE YOU BEGIN

What do you hope these photos will capture about your life together?

DURING YOUR ADVENTURE

Which image feels most meaningful to you, and why?

AFTER YOUR ADVENTURE

When you look back at these photos, what do you hope you'll remember most?

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Have a Photo Session

DATE: _____

Print a favorite photo or describe it in enough detail that you can picture it years from now.



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Make Paw Print Art Together

DATE: _____

Create a keepsake that captures a small piece of your journey together.

BEFORE YOU BEGIN

What kind of keepsake would feel meaningful to create together? Where might you display it?

DURING YOUR ADVENTURE

What was the experience like? What made you smile along the way?

AFTER YOUR ADVENTURE

What do your dog's paw prints represent to you and the life you've shared?

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Make Paw Print Art Together

DATE: _____

Add a paw print, trace an outline, or write a few words about what this keepsake means.



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Make Them a Homemade Treat

DATE: _____

Prepare a favorite treat with love and enjoy sharing a quiet moment together.

BEFORE YOU BEGIN

What treat would bring your dog the most joy? Why did you choose it?

DURING YOUR ADVENTURE

How did your dog respond? What made this moment memorable?

AFTER YOUR ADVENTURE

What did it feel like to care for them in this simple, thoughtful way?

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Make Them a Homemade Treat

DATE: _____

Write down the recipe or any changes you'd like to remember.



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Visit a Dog-Friendly Café or Restaurant

DATE: _____

Spend time together somewhere welcoming, enjoying the simple pleasure of being side by side.

BEFORE YOU BEGIN

Where would you like to go together? What kind of outing are you hoping for?

DURING YOUR ADVENTURE

What moments stood out to you? Did your dog make any new friends or discover something new?

AFTER YOUR ADVENTURE

What did sharing this everyday experience together mean to you?

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Visit a Dog-Friendly Café or Restaurant

DATE: _____

Save a receipt, photo, or note about where you went and what made the visit special.



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Take a Walk Through a Farmers Market

DATE: _____

Follow your dog's curiosity and take your time exploring together.

BEFORE YOU BEGIN

What do you think your dog will be most interested in today?

DURING YOUR ADVENTURE

What did your dog notice that you may have overlooked? What caught your attention because of them?

AFTER YOUR ADVENTURE

What did slowing down help you notice about the day or about your time together?

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Take a Walk Through a Farmers Market

DATE: _____

Describe the sights, sounds, scents, and little moments you hope to remember.



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Have a Backyard Picnic

DATE: _____

Set aside a quiet afternoon to simply enjoy being together.

BEFORE YOU BEGIN

What would make this time feel peaceful and comforting for both of you?

DURING YOUR ADVENTURE

How did you spend the afternoon? What brought a sense of calm or joy?

AFTER YOUR ADVENTURE

What reminded you that meaningful moments are often the simplest ones?

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Have a Backyard Picnic

DATE: _____

Write about the weather, the setting, and the little things your dog did that made you smile.

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Let Them Run Free in an Open Field

DATE: _____

Find a safe place where your dog can move freely and simply
enjoy the moment.

BEFORE YOU BEGIN

What do you enjoy most about watching your dog run with ease and confidence?

DURING YOUR ADVENTURE

What did you notice about the way they moved or checked back in with you along the way?

AFTER YOUR ADVENTURE

What image from this experience do you hope stays with you for years to come?

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Let Them Run Free in an Open Field

DATE: _____

Write about the moment that best captures their joy and your connection.



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Spend a Full Yes Day with Them

DATE: _____

Set aside a day to follow your dog's pace and enjoy the little things together.

BEFORE YOU BEGIN

If your dog planned the day, where do you think they would lead you?

DURING YOUR ADVENTURE

What surprised you most about slowing down and letting them take the lead?

AFTER YOUR ADVENTURE

What did this day teach you about your dog, yourself, or your relationship together?

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Spend a Full Yes Day with Them

DATE: _____

Write down the day's adventures in the order they happened.



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Let Them Choose the Path on a Walk

DATE: _____

Take an unhurried walk and let curiosity guide the way.

BEFORE YOU BEGIN

How does it feel to let your dog choose the direction today?

DURING YOUR ADVENTURE

Where did they lead you? What did you notice because you followed their lead?

AFTER YOUR ADVENTURE

What new perspective did this walk give you about the world your dog experiences every day?

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Let Them Choose the Path on a Walk

DATE: _____

Describe the route and any memorable discoveries along the way.



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Visit the Place Where You Got Them

DATE: _____

Return to the place where your story together began, if you're able.

BEFORE YOU BEGIN

What do you remember most about the day your lives came together?

DURING YOUR ADVENTURE

How did it feel to revisit this place? Did it bring back memories you hadn't thought about in a while?

AFTER YOUR ADVENTURE

Looking back, how has your dog shaped your life and the person you are today?

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Visit the Place Where You Got Them

DATE: _____

Write the story of how you found each other, in whatever way feels meaningful to you.



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Write Them a Letter

DATE: _____

Take a quiet moment to write from the heart, just for the two of you.

BEFORE YOU BEGIN

What has your dog brought into your life that you most want them to know?

DURING YOUR ADVENTURE

What surprised you as you began writing? Were there memories or feelings you hadn't expected?

AFTER YOUR ADVENTURE

What would you want your dog to always know about your love and gratitude?

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Write Them a Letter

DATE: _____

Write your letter here, or simply begin with a few heartfelt sentences.



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Watch a Movie or Read a Book Aloud

DATE: _____

Share a quiet afternoon together, enjoying a favorite story or film with your dog close by.

BEFORE YOU BEGIN

What are you choosing to watch or read today? What kind of moment are you hoping to create together?

DURING YOUR ADVENTURE

What did your dog do while you spent this quiet time together? What made you smile?

AFTER YOUR ADVENTURE

What did simply slowing down and being together mean to you?

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Watch a Movie or Read a Book Aloud

DATE: _____

Write down what you watched or read, along with the little moments you'll want to remember.



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Take a Boat, Kayak, or Ferry Ride

DATE: _____

If it's safe and comfortable for your dog, enjoy seeing the world from the water together.

BEFORE YOU BEGIN

What part of this adventure are you most looking forward to sharing?

DURING YOUR ADVENTURE

How did your dog respond to being on the water? What surprised you about the experience?

AFTER YOUR ADVENTURE

What made this time together feel memorable or meaningful?

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Take a Boat, Kayak, or Ferry Ride

DATE: _____

Write about the view, the sounds, and one moment from the water that you'll always remember.



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Spend an Afternoon in the Sun

DATE: _____

Find a warm, peaceful place to rest together and enjoy an unhurried afternoon.

BEFORE YOU BEGIN

What helps you slow down enough to simply enjoy this moment?

DURING YOUR ADVENTURE

What did you notice after giving yourselves permission to rest?

AFTER YOUR ADVENTURE

What did this quiet afternoon remind you about being present together?

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Spend an Afternoon in the Sun

DATE: _____

Describe the warmth, the setting, and the peaceful moments you shared.



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Create a Cozy Comfort Day at Home

DATE: _____

Gather favorite blankets, treats, and quiet activities for a day centered on comfort and togetherness.

BEFORE YOU BEGIN

What would help today feel especially comforting for both of you?

DURING YOUR ADVENTURE

What small moments brought the greatest sense of peace or connection?

AFTER YOUR ADVENTURE

What will you remember most about choosing rest, comfort, and time together?

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Create a Cozy Comfort Day at Home

DATE: _____

Write about the little details that made today feel special.



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List Your Favorite Things About Them

DATE: _____

Take time to celebrate the qualities, habits, and little moments that make your dog uniquely themselves.

BEFORE YOU BEGIN

What are some of the first things that come to mind when you think about your dog?

DURING YOUR ADVENTURE

Which memories appeared as you made your list? Did any surprise you?

AFTER YOUR ADVENTURE

How did reflecting on these moments make you feel about your journey together?

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List Your Favorite Things About Them

DATE: _____

Write as many favorite things as you can think of, big or small.



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Cook Them a Special Meal

DATE: _____

Prepare a nourishing meal that's appropriate for your dog and enjoy sharing it together.

BEFORE YOU BEGIN

What meal would feel special for your dog today?

DURING YOUR ADVENTURE

How did your dog enjoy this meal? What little details made you smile?

AFTER YOUR ADVENTURE

What did caring for them in this way mean to you?

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Cook Them a Special Meal

DATE: _____

Write down what you made and any memories you want to keep.



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Create a Memory Box Together

DATE: _____

Gather meaningful keepsakes that tell the story of your life together.

BEFORE YOU BEGIN

What items immediately come to mind when you think about your journey together?

DURING YOUR ADVENTURE

Which items felt most meaningful to include, and why?

AFTER YOUR ADVENTURE

What stories or memories does each keepsake hold for you?

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Create a Memory Box Together

DATE: _____

List each item in your memory box and what it represents.



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Take a Video That's Just for You

DATE: _____

Capture an everyday moment exactly as it is, simply for yourself.

BEFORE YOU BEGIN

What moments or sounds would you love to remember years from now?

DURING YOUR ADVENTURE

What did you notice when you watched the video back?

AFTER YOUR ADVENTURE

How does this recording help preserve the little things that matter most?

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Take a Video That's Just for You

DATE: _____

Describe what the video captured and why it feels meaningful.



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Share Their Favorite Place

DATE: _____

Visit a place your dog loves and let them enjoy it at their own pace.

BEFORE YOU BEGIN

Where does your dog seem happiest? What makes this place special?

DURING YOUR ADVENTURE

What moments stood out during your visit together?

AFTER YOUR ADVENTURE

What do you hope you'll remember every time you think of this place?

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Share Their Favorite Place

DATE: _____

Write about the sights, sounds, and feelings that made this visit memorable.



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Celebrate Your Journey Together

DATE: _____

Take time to reflect on all the moments you've shared and the memories you've created.

BEFORE YOU BEGIN

Looking back, which adventures mean the most to you?

DURING YOUR ADVENTURE

Which moments do you find yourself returning to again and again?

AFTER YOUR ADVENTURE

How has this journey together shaped your heart?

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Celebrate Your Journey Together

DATE: _____

Write a letter or reflection about what you'll carry with you from these experiences.



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