



HOW MOUNTAIN

Howdy !

Life is a journey, more specifically, an *adventure*. This is practical advice to live more adventurously. Welcome to How Mountain!

Before we climb this mountain of life we gotta warm up.

We began with the first fundamental.

1. Viewing life as an adventure is a *practice*.

Here is your second baby step up How Mountain!

2. "Motivation doesn't produce action, action produces motivation."

This is one of the most important things my Dad taught me, and I'd like to share it's strength.

When you're stuck, notice the negotiation with yourself. "When the idea hits me, *then* I'll do the work." "When I feel like moving, *then* I'll get out of bed." Fight against this mindset.

Accomplished people will say if you simply *sit down in front of the supplies*, the idea will come.

I also like to call this the Mirror Effect.

Ever heard of a True Mirror? It is a regular mirror, enclosed in a box so a system of other mirrors reflects back what you look like to others.

Vendors of the product say something funny happens when looking in a True Mirror for the first time. The viewer *always* adjusts the tilt of their head.

Consider that this is because we think we know what we look like, however, our vision of ourselves is backwards. The Mirror Effect is our backwards perception of taking action.

Consider Lady Gaga.

Icon. Virtuosa. Superstar. Naturally her first album would be called The Fame, right? Wrong.

We must understand she wrote all those songs BEFORE she was famous! It is easy to play it off as, "Of course her subject matter is money and paparazzi, she's famous."

Yet her fame didn't produce her music, her music produced her fame.

Do you think Football players go into the Superbowl saying, "Gee I sure hope we win." Or do you think they say, "We got this! We are champions! We are going to win!"

The brain's apprehension to this idea is understandable. "Well I don't want to get my hopes up and end up disappointed."

CAUTION: DISAPPOINTMENT AHEAD

There is no escape.

We are not in the game to avoid this, we are in the game to play through this.

If your confidence always awaits "After I win the game", or your happiness is always "When I get the job" away, or your dream is always realized "after I have the perfect idea", you will never take action *now*.

All in all, start with action. Next time you are faced with indecision, *action* is the antidote. "What if I choose the wrong answer?" There's only one way to find out! *Let's gooooooooooooooooooooooooooooo!!!*

So remember, "Motivation doesn't produce action, action produces motivation."

3.

4.

5.

We'll get through the next fundamentals of viewing life as an adventure soon, so stay tuned.

Thank you for being open to hearing these ideas. Feel free to forward them to anyone else who may benefit.

Your Fellow Adventurer,

-Grahamicus

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