



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'll do so with five fundamentals.

Sometimes we view challenges as insurmountable. "*How* am I going to do this?" The answer is simple and I'll let Kendrick Lamar tell it.

"You reject these [haters] who neglect your respect for the progress of a baby step."

Blessed by Schoolboy Q feat. Kendrick Lamar

A thousand years is just one day at a time. A hundred-story building is laid one brick at a time. And a thousand miles is just one step at a time.

Here is your very first baby step up How Mountain!

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

As with physically trekking a mountain, changing our mindset will not be accomplished on the first try.

The noun "practice" is a friendly reminder that it is okay to fall and scrape our mental elbows because we are learning. Help each other up again!

As with many things in life, what matters more than perfection, skills, or luck, is *consistency*. Calvin Coolidge said something amazing.

"Nothing in the world can take the place of Persistence. Talent will not; nothing is more common than unsuccessful men with talent. Genius will not; unrewarded genius is almost a proverb. Education will not; the world is full of educated derelicts. Persistence and determination alone are omnipotent. The slogan 'Press On' has solved and always will solve the problems of the human race."

-Calvin Coolidge

There will be snags, moments of tension, and pitfalls on this adventure. Yet we are not in the game to avoid these, we are in the game to play through them.

Those who go through the fire of adversity shine brighter. So when you see these emails, explore them!

It would be easier to not read them, I agree! Yet we are not sedentary, we are adventurers!!! And when it comes time to *apply* these lessons, GO FOR IT!!!

Even if you can only muster 1% more focus in a moment of confusion, I promise that 1% will compound when you persist. Everyone's adventure will look different, so I can't promise much, but that I can promise.

So remember, viewing life as an adventure is a *practice*.

2.

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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### **How Mountain**

Practical Advice to Live More  
Adventurously

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