



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've made it through two fundamentals.

1. Viewing life as an adventure is a *practice*.
2. "Motivation doesn't produce action, action produces motivation."

Here is your third baby step up How Mountain!

3. Your ability to imagine is not being limited.

As kids, we were inevitably asked what superpower we would choose. My answer was, "the power to bring anything I imagine into real life."

I realize now that's exactly how it works.

Our ability to imagine is one of our *most powerful tools*. And yet, our visions are usually discarded. By others, though most frequently by ourselves.

"Get real," we tell ourselves. The irony is, *our imagination is just as real as any other thought*.

"Anything you can imagine is real."

-Pablo Picasso

After we are children, most of us begin accepting the imaginations of others as superior to our own. We accept "That's just how things are."

Yet the people directing us are just making their own stuff up! Using THEIR IMAGINATIONS!!!

They made a conscious decision to bend, break, and IMAGINE new ways of living. Why not just imagine our own lives?

"Taking our dreams,
Turning them to things,
It's like magic, babe
Isn't life wonderful?"

-Lana Del Rey

So next time you get locked out of your house, yell "PLOT TWIST!"

Your ability to imagine, specifically imagining your struggles as an adventurer's perils, is not being limited.

We feel enlivened when a tale has a plot twist. Why not our own?

A new book is full of characters, action sequences, failures, moments of forgiveness, and perseverance through the unknown.

We too live in a world full of characters, actions sequences, failures, forgiveness, and the unknown. CAN YOU SAY ADVENTURE?

A character will set out on a mission, and at a critical moment of decision, temptation will appear.

This happens in our real lives, sometimes with narrative precision. The threat in a movie feels real, and I'm sure you can attest, your struggles are a real threat! SAY IT WITH ME NOW: ADVENTURE!

Adventure is a noun, defined as "An unusual and exciting, typically hazardous, experience or activity."

Sure being locked out of your house isn't terribly unusual or exciting. So let us again recognize the power of children.

They are so free from self-consciousness that they can merge their imaginations with the world they live in effortlessly. Why? FOR FUN!

To frame the unknown as unusual and exciting, is to have fun with it. To yell "PLOT TWIST!" is to trust our struggles. And to recognize our temptations as an arch-nemesis is to give ourselves purpose.

I mean, what's adventure without booby traps?!

So remember, your ability to imagine is not being limited.

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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