

# HOW MOUNTAIN

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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 three fundamentals.

1. Viewing life as an adventure is a *practice*.
2. "Motivation doesn't produce action, action produces motivation."
3. Your ability to imagine is not being limited.

Here is your fourth baby step up How Mountain!

4. Anything is possible.

I recently said this to a friend while we were playing Legos. He responded, "I don't agree. You can't just pull a flower out of thin air." I looked down, grabbed a Lego, said "Open your hand," and dropped a Lego flower in it.

"Anything is possible," requires the elaboration, "though it may not happen how you think."

Can humans fly? Not using some supernatural ability, yet humans are in the sky RIGHT NOW! Just not flying how you thought they would.

You are allowed to begin removing limits from yourself.

You can do anything you set your mind to.

We may look at a pro-athlete or prolific musician and say, "Wow I can't believe they did that. I'll never do that..."

Fundamental 4 is to combat this unspoken belief that others simply have different limits than us. WRONG. *Anything is possible.*

Adventurers say, "Wow I can't believe they did that. That means *I can do it too!*"

"See the power of the mind is not a JOKE."

-Drake, Both by Gucci Mane ft. Drake, 2016

Let's focus on Drake for a moment, for he shared an interesting example of Fundamental 4.

"I think I'm sellin a million first week man I guess I'm an optimist."

-Drake, Versace Remix by Migos ft. Drake, 2013

Drizzy missed the mark on his next album, 'If You're Reading This It's Too Late,' which sold 495,000 copies in 2015. Then in 2016 he released the album 'Views'.

In it's first week in the United States, 'Views' moved 1.04 million album-equivalent units.

Album-equivalent units are what the Recording Industry Association of America (RIAA) defines as the streaming equivalent to physical or digital whole-album sales. So when Drake said he'd "sell a million first week", he could not have predicted that "sell" would change meanings between 2013 and 2016.

Yet, this helped him meet his goal. Drake knew anything was possible, and he allowed it to happen beyond how he thought it would.

"Man I said that I would do it and I DID."

-Drake, Both by Gucci Mane ft. Drake, 2016

Most people don't care about selling a million albums though, most people just want to be normal. True, life has knocked you down. And it hurts.

Here's a helping hand up, the dust off your shoulder, and a reminder. You simply don't know what you're capable of.

Let's begin *allowing* limits to be shed, the limits of what we believe is possible for ourselves.

Let's practice!

"That's [YOUR NAME HERE.] To accomplish the impossible only takes practice."

'I Know I'm Different', Sports Illustrated Story on Bill Fralic, whose name we'll replace with yours.  
Read the quote again!

So remember, anything is possible.

5.

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

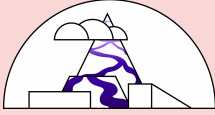
Thank you for being open to hearing these ideas. Feel free to forward them to anyone else who may benefit.

Your Fellow Adventurer,

-Grahamicus

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## How Mountain

Practical Advice to Live More  
Adventurously

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