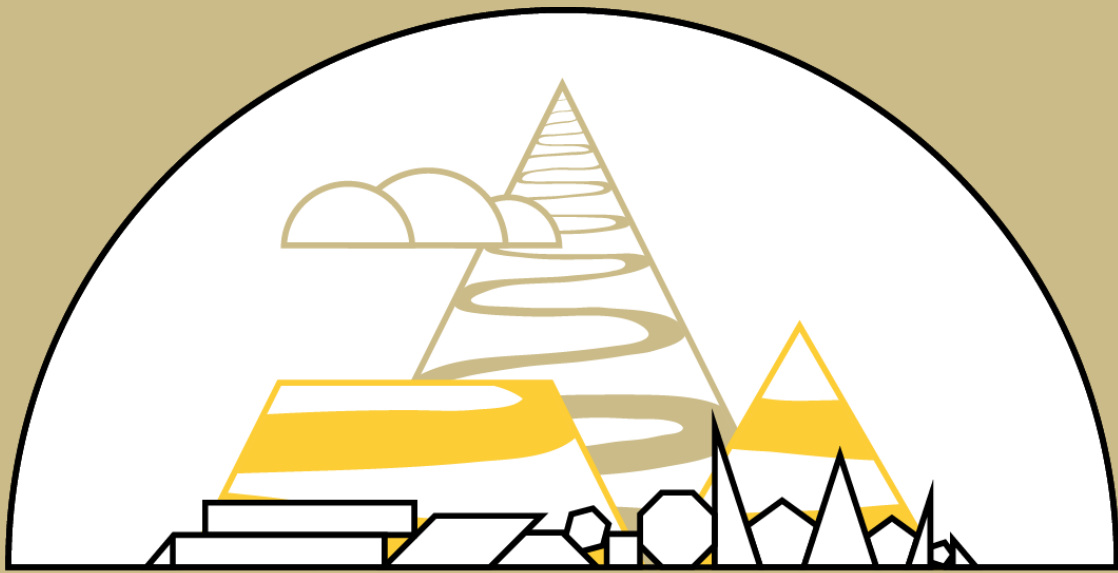




How Mountain

[New - This email is now in audio form, listen here!](#)

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 four fundamentals.

1. Living an adventure takes *practice*.
2. "Motivation doesn't produce action, action produces motivation."
3. The ability to imagine is unlimited.
4. Anything is possible.

And here is your fifth baby step up How Mountain. The baby step of all baby steps!

5. Baby steps are exponential.

An acquaintance told me Elon Musk is doing things we can't do.

I disagree.

Elon Musk may be doing things we *aren't yet* able to do. Yet I postulate that Mr. Musk achieves his big plans the same way everyone does, one step at a time.

i.e. Baby steps.

So what *is* a baby step?

A baby step is a beginner's action. Whatever that action may be, the important word here is beginner.

When we inevitably find ourselves in a new undertaking - or commonly in the unknown of a current undertaking - there is a reflex to flee.

The last time you started something, was there a dichotomy of Avoiding Starting vs. Going All In?

Recognize that.

Rather than using our adult minds to fight-or-flight ourselves flailingly toward-or-from a goal, we may place our faith in the first step. Why?

Because baby steps are exponential.

"Never underestimate an exponential."

- Carl Sagan, Billions and Billions

Baby steps do not grow linearly. Baby steps compound. Here's a brief overview of their exponential power.

1. You plan the gentle yet powerful first step. (Make it childishly small. It is a *baby* step.)

2. Because the step is attainable, you take the step.

3. Because you took the step, you feel empowered.

4. Because you feel empowered, the next step is greater.

5. Because each step is greater, they grow exponentially.

This "Oh I *can* do it" mentality gets us to take the step.

Rather than guilt-tripping ourselves into "I should do this or I'm a failure," we instead build our determination muscles.

Similar to guilt-tripping is, "I'm not gonna do anything until I do it perfectly." The urge is so strong! Do *not* let this all-or-nothing thinking overtake your ability to live a rough draft happily.

You are allowed to start something and not finish it right then & there.

Repeat that.

You are allowed to start something and not finish it right then & there.

"It's tough. Like you know a lot of people asking me, 'Man, you just hoppin up there?' I'm like man, the first time I did this was a year ago at this same time. I didn't just hop up on the ball and start catching. You know, it's just about taking the next step and getting better.' "

-Alvin Kamara,

"How Alvin Kamara Went from a 3rd Rd. Pick to an ELITE NFL Superstar" on Youtube

Baby steps are adventure in action.

Rather than magnetizing ourselves to all or nothing, can or can't, this OR that, we accept the adventurous trail from this TO that. Baby steps are the movement along the trail.

And here's the best part.

No matter how many times you start, *how far you got last time, nor how much is expected of you*, you can always begin the same way you took your very first step.

i.e. Baby steps.

So remember, Baby steps are exponential.

Go team! We did it! Congratulations on making it through the five fundamentals of viewing life as an adventure.

The fundamentals are finalized here. Thank you for joining me.

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

Your Fellow Adventurer,

-Grahamicus

grahamicus.com



HOW MOUNTAIN

How Mountain

Practical Advice to Live More
Adventurously

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