



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 began with the first fundamental.

1. Living an adventure takes *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 has taught me, and I'd like to share its 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.

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.

Fundamental 2 is about our backwards perception of taking action. We take "When I can do it well, I'll try it," and replace it with, "Trying it will help me do it well."

The brain's apprehension to this idea is understandable. "Well, Grahamicus, 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 after "When I get the job", or your dream is always practiced "once 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 goooooooooooooooooooooo!!!*

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

grahamicus.com



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Practical Advice to Live More
Adventurously

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