

WHEN I NEED PERSPECTIVE, I CLIMB A MOUNTAIN.

It is easy for me to get caught up in the troubles and challenges of the day. I become so immersed in my surroundings that shaking off the workday often becomes its own challenge.

I actively search for ways to gain a new perspective.

If standing on a desk grants me a new perspective of a room, then standing atop a mountain grants me a new perspective of the world.

In the same way that I identify challenges in my life, I seek a mountain to climb, and commit to the task.

The mountain bears physical challenges and obstacles, and I bring some as well. I begin the hike optimistic and exhilarated, but my legs soon grow weary. The more I become physically tired, the greater

the mental hurdles become. I endeavor to push doubt from my mind. I remain focused on achieving my goal.

I am physically and mentally exhausted when I reach the peak. However, ***when I look out upon the world, I am awestruck.*** The feeling of exhilaration returns. I have achieved my goals, and this unique viewpoint above the treetops—above the fray—is my reward.

Today, I perceive every challenge as a mountain. I set my mind to conquering each of them, one step at a time.

SELF-REFLECTION QUESTIONS

1. Is it easier to climb a mountain alone, or as a member of a team?
2. How do I overcome mental fatigue?
3. What positive characteristics are being developed when I climb a mountain?