



Why Everyone Should Climb a Mountain

Pack light. The weight of physical possessions is clearly felt when they are piled on your back. Wise travellers carry only what is needed for the journey. May it be true of me while packing—and in living.

Choose your steps carefully. While hiking, each step is clearly chosen. I focus intently where my next foot is going to land—sometimes even calculating 2-3 steps in advance. This intentionality helps me avoid unnecessary harm. And I hope the decisions I make with my life's direction will be made with the same precision and care.

If you can climb a mountain, you can do anything. While not technically true, the mantra still goes through my head constantly during a hike. Reaching the top of a mountain (any mountain) is an impressive physical, mental, and emotional accomplishment. And it is motivating. It reminds me I can accomplish important things with my life if I dream big and put in the work.

Go climb a mountain.
You will love it!

