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Climbing Mount Goals

By Sean North

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Climb and Summit Mt. Goals

Are you trying to reach a goal that feels like a large mountain to climb?

Climbing a mountain is much easier than one would think. You start at the bottom, you progress towards base camp, you hit the middle of the mountain, and then you reach the summit.

As climbers ascend, they come into contact with different elements such as thinner air and colder temperatures. If they climb the mountain too quickly, they will not be used to the new environment, and they will be out of their comfort zone. The same principle holds true for those of you who are climbing your own mountains, and striving for goals. As you climb higher to reach your goals, you will experience a different feeling.

You may feel anxious, like the mountaineer feels at the bottom of the mountain, knowing that his journey has only begun. You may feel overwhelmed like the mountaineer who is at base camp, knowing that he has many steps to climb. You may feel excited, like the mountaineer who has just hit the middle of the mountain, knowing that the peak is within reach. You may feel proud of yourself, like the mountaineer who has reached the summit, knowing that he obtained his goal.

So, How Can You Climb The Mountain To Your Goals?

1. Start at the bottom – establish what your goals are.

* Write down your goals.

* Avoid generalizations such as I want to be happy or I want to be rich. WHAT would make you happy or WHAT would make you rich?

* If you want to be happy, write down how you will accomplish this. Will you take up a new hobby? Will you go back to school? Will you spend more time with friends or family? The more specific you can be, the better your chances of achieving your goal.

* If you want to make more money, list details such as wanting to increase your income by 10% next

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year.

2. Climb to Base Camp – devise a plan to obtain your goals.

* Set a specific time period in which you want to obtain your goals – not just someday because someday leads to a town of somewhere.

* If you want to earn a degree, knowing how long the program is and how many courses you need to take each semester is a great start.

3. Take steps to reach your goals

* What steps would you take to earn a degree?

* Perhaps taking one to two classes to begin with would give you a good idea of what to expect.

* Knowing what courses are offered indicates if the program is for you or if the classes you would be taking would interest you.

4. Achieve your goals – reward yourself!!

* Once you've earned (or achieved) your goals, be good to yourself. You've earned it!!!

* If there's something that you've always wanted to do or wanted to buy, do it now!!

* Be proud that you achieved your goals. This is quite an accomplishment.

Just like climbing a mountain, realizing goals will not happen in one day. But, you can realize them over time. Although your summit may seem too high to climb at the moment, know that starting will be the hard part, and reaching the summit will be your reward.

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Sean North is the president of North Notes LLC, who helps writers overcome their writing blocks and helps those who have wanted to write books make their dreams a reality. Website address is <http://northnotes.com/>

You to Can Ski Down Mount Everest

By Robin Shortt

Getting to the summit is optional, getting down is mandatory. – David Breashears–

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Extreme Skier Maegan Carney:

Extreme skier Maegan Carney had made a bid to be the first woman, and second person to ski down the world's tallest mountain.

Because of the high winds of Mount Everest at that time, Maegan Carney abandoned her first summit attempt.

To find more information about Maegan's quest, go to the website.

Preparation Is The Secret:

Before you climb a mountain, you need some major preparations:

You definitely need to be physically and emotionally fit.

You should have people in the group who know first aid and of course you have a first aid kit.

Make sure you have a schedule set up, because of the dangers involved.

The mountain you're climbing, how long it should take, how many and who are going, and where will you start your ascention.

Bring a camera for breath taking views and to record your trip. A cell phone for emergencies and to call someone to share your excitement when you make it to the top.

If you have the proper climbing gear with you, there's no worries about staying the night if you get lost.

Also you know you'll get rescued by morning because the proper people have been notified.

Some Guidelines For Climbing:

It's not a good idea to be flown or driven to altitudes higher than 3000 metres. Begin your walk at below that.

Once over the 3000 metre altitude, travel up in 300 metre increments each day, thats it, no more than that.

Climb up high during the day and sleep at lower altitudes at night.

If high altitude symptoms start to affect you, stop climbing higher. If symptoms worsen, go down right away.

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You will need to drink plenty of fluids, hiking dehydrates your body very fast when climbing at high altitudes and this increases as the temperature does.

Do the climb at a slow pace and you'll enjoy your climb more.

Stay away from alcohol, tobacco and other vices that will play havoc with your body and mind at these high altitudes.

A high-carbohydrate diet will really benefit you here.

In the USA there are many resorts above the 3,000 metre level, meaning you will need to keep a watch out for mountain sickness.

Some Mount Everest Facts:

Historic Mountain Climbing Deaths:

George Mallory and Andrew Irvine on June 6 1924, made an attempt on the summit from which they never returned.

An eyewitness claimed he saw the group reach the summit.

A total of 808 climbers have reached and stood on the summit, 764 men and 44 women. There were 161 that died, 36 on the descent.

More About Mountain Climbing Deaths

In 1965, was the best year for climbing, nine climbers summited and there were no deaths.

In 1996, the worst single year for deaths, 15 climbers died.

About Mount Everest Itself:

The Highest Peak: At 29,035' (8850m), that's about five miles up, the highest summit in the world, and is close to the cruising altitude of a jet, or it is 23 times the height of the Empire State building.

Above 26,000, the body gets a third of the oxygen available at sea level.

Even after getting acclimated, the body starts to shut down, and if someone stays at that height long enough, they will die.

A lot of the climbers use oxygen here for climbing and sleeping.

The weather on Everest allows for climbing only in May and October between winter snows

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(December–March) and summer monsoons (June–September).

As you can tell, this article is just giving you the basics of what information you'll need to find your way to the top of the world's highest peaks.

has a great source of books on this subject.

Robin Shortt is a father of five children and five step children and thoroughly enjoys the outdoors. He is also a Cub Scout leader, who sees the big picture when it comes to helping our children to love and explore the great outdoors. Visit:

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Want To Be Able To Tell Your Own Fall Story? Always Wear Your Climbing Harness!

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Success Secrets

One Million a Year

JavaScript Magic

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