









# Where the Story Begins







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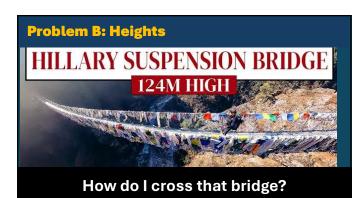
### **Lesson 1: Worry**

- Physical How do you prep for 18,000 ft?
- Gear Max 33 lbs
- Home Gone for 3 weeks
- Worst Case Are affairs in order? (It's Everest!!)

#### **Only 2 Things Really Mattered**



How do I stay warm?



Choose How to Meet Problems	
Cold	(a) Test Gear
	(b) Rely on Experience
Heights	Cross that bridge when I get there



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The answer always lies in the team...

-Ret. Col. Pilar Ryan

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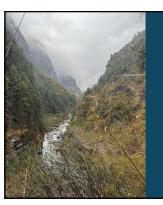


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# Lesson 2: Next 3 Steps

Gotta cross that bridge!!

- ⇒ **Pride** Can't be the "old guy"
- ⇒Necessity Can't turn around
- ⇒Survival Pack animals coming



Avoid Distractions



# In the Moment

You've Gotta **Just Do It** 

Don't

**Forget to** 

Look Up





**Next 3 Steps** 

# Lesson 2: Next 3 Steps

Don't avoid starting because of future problems you can't yet solve.

#### You'll figure it out...

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# **Lesson 3: Acclimation**

- Acclimation ≠ Resting
- Competencies Are Developed
- Skipping Acclimation Can Be Deadly
- You Can Optimize Acclimation



















**Competency** MUST Be Consciously Developed Skipping Acclimation Can Be Deadly, It WILL Hurt You Can AND Should Optimize Acclimation

## **Do Hard Things!**

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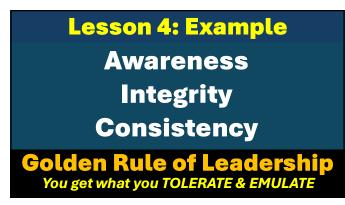




Others match what we say and do

> Behaviors Speech Beliefs







#### Lesson 5: Goals

- Set YOUR Goals (That Matter)
- Align Goals with Actions
- Synergize Resources
- Healthy Dose of GSD

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# **End in Mind**

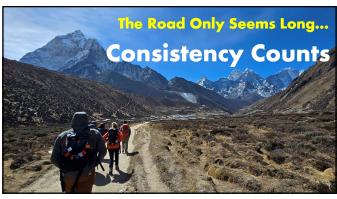
Vision improves the chance of achievement.



# Kick Your Own Butt!

**Invite Others** 













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#### **Lesson 5: Goals**

- Know What Matters & Go For It
- Recognize and Measure
- Align Efforts with Priorities
- Respect Others' Pathways













