



Right now on Mount Everest, and on other high peaks around the world, persistent climbers are beginning their SUMMIT PUSH to the top.

You may be stretching for a high goal in your business, or striving towards an important personal achievement this year - like running your first race, or hiking your local peak.

Whatever your goals might be, by taking a moment to learn how high-altitude climbers succeed with their summit push, you'll get some tips and inspiration to reach your goals!

*Jim Davidson*

## SUMMIT PUSH - FACING THE FINAL CHALLENGE

Beep. Beep. Your alarm watch goes off in the darkness. It didn't wake you though, as you and your tentmate have been up half the night fretting about the hard task that awaits - the summit push. After months of planning, and weeks of effort, the final challenge has arrived!



Summit push on Pico de Orizaba (18,490 feet), Mexico

A summit push is the final, all-out effort to reach the top. The last few steps toward a big goal can be tiring and uncertain, whether you are striving toward a mountain top or an important personal aspiration. To help you on your summit push, here are some confidence-building techniques used by veteran climbers:

Tips for a successful Summit Push

1. **Embrace the difficulty:** Knowing and admitting that the final effort will be hard prepares your mind to accept the struggle as "normal". Thus, when the difficulties arrive, your mind will be comforted with the belief, "Ah, everything is as I expected it to be". By embracing the difficulty, you avoid energy-wasting anxiety.
2. **Strength from the past:** When enthusiasm wanes or confidence sags, think back to previous challenges that you have faced, and conquered. You may have been tired or uncertain then, but you made it through. You can do it again.
3. **Strength for the future:** Sometimes your strenuous task may feel overwhelming and not much fun. But, by persevering through now, you'll reach this summit goal, and you'll also strengthen yourself for bigger and better

challenges yet to come.



Summit of Pico de Orizaba - Rodney Ley, Megan Voiles & Jim Davidson

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## ADVENTURE TRAINING TIPS

### Train for your summer event

Are you planning a special athletic challenge this summer? Here are a few tips to help you train for your big event:

1. **Have a written training plan.** Post it where you will see it. Mark off each completed training day to boost your confidence and build momentum.
2. **Build your training plan incrementally.** Know how many miles, minutes or laps you need to be capable of by the event. Take the difference between where you are now, and where you need to be, and create a training plan that steadily builds up to the level you need to reach for your summer adventure.
3. **Schedule one or two rest days every week,** and about every third week, make it a "light" one by reducing your training about 20-30%. Muscles build during rest periods, not during exercise. Rest days and light weeks are needed to avoid injury and to gain strength before you move up to the next incrementally harder training period, as indicated by your written plan.

There is plenty of time to pick a fun summer challenge and get ready for it. Let me know your plans and how your training is going: [jim@speakingofadventure.com](mailto:jim@speakingofadventure.com)

Me? I'm climbing, running, and taking my kids hiking. I better get training!

*Jim Davidson*

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## MAKE YOUR NEXT EVENT COMPELLING

If your business or association could benefit from an inspirational and adventurous keynote, please contact Jim at 970-224-4608, or [jim@speakingofadventure.com](mailto:jim@speakingofadventure.com)

To learn more about Jim's presentations on overcoming adversity, successful teamwork and resilient leadership, please go to <http://www.speakingofadventure.com/>