

Day 6 – On the ridge

Course: Climb Your Mountain

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The climb to the ridge

We continue our journey towards the summit. As we make our way up the mountains' slopes, the view gets ever more beautiful and wide.

Slowly we leave the forest behind. At first we catch only glimpses of the view as trees become sparser and smaller. Glimpses of the valley floor far below us, but also of what are sure to be expansive views that await us higher up.

Once above the treeline we finally see the landscape we're moving through in all its magnificence.

Valleys carved into the landscape by glaciers long gone.

Waterfalls cascading down the valley sides and cliffs, creating streams that run down into the larger stream at the valley's bottom that winds its way towards the valley's exit.

On mountainsides opposite from the one we're standing on we can see where the mountainous climate has drawn the line above which no forest grows.

When it snows in the higher regions a clear demarcation will tell us at which altitude snow turned into rain.

And all the way in the back of the valley we can see the largest of the mountains rise up towards the sky. What is left of that glacier that carved the valley may still be clinging to its sides.

The higher we get the clearer the view that we can take in of the landscape. No trees, no forest is left in our immediate vicinity to obscure or block the view.

Coming to the ridge we have a first taste of what it will be like to stand on the summit. Though we don't have a 360° view yet, it is nonetheless quite astonishing.

You can literally see into not one, but two valleys. Both lined with beautiful and sometimes quite imposing mountains as far as the eye can see.

Standing on the ridge we are faced with a choice: go back to the valley we came from or step into the one that will lead us to where we're going.

It can also be seen as a metaphor.

Will you step into a life in which you live your values? A life in which you honour what is truly important to you?

Or will you return to life as you've been living it?

It is also the part of the trail where maintaining our balance is very important. Not paying attention can easily result in us toppling off that ridge.



Living your values

Over the last two days you've discovered your core values and worked on setting clear boundaries around them.

Maintaining your balance as practise your values and set boundaries might not yet be easy. You have to always be mindful of them.

Forget about your values and your boundaries will be forgotten too. Forget about your boundaries and your values can easily be trampled on.

Like walking across a ridge — until you get more comfortable with practising them, living your values and maintaining your boundaries is a careful balancing act.

How to make balancing your values and boundaries easier?

Over the last two days you identified your core values and the boundaries you want to set around them.

Right now the identifiers for your core values are likely just single words.

By describing your core values and identifying behaviours you want to practice when living them, maintaining your balance will be easier to practise. After enough time and practice has past they will be part of you; no longer in need of constant vigilance. You simply live them.

1. Describe your core values

A description gives expression to what a value means to you.

Such a description is deeply personal and therefore unique to you. For example, faith can mean one thing to you and something entirely different to someone else.

Descriptions of your core values also makes it easier for you to explain to others why it is important for you to live in alignment with them. And there will be times when you will feel the need to explain that.

Value no 1: _____

Value no 2: _____



Value no 3: _____

Value no 4: _____

Value no 5: _____

2. Define behaviours

What are examples of behaviours that are fit your core values?

Value 1: _____	Value 2: _____	Value 3: _____	Category 4: _____	Category 5: _____
<i>For example: Nature</i>				
<i>To spend time in and connect with Nature - mountains especially - as much as possible, because it is there that I am my truest self. To treat all of Nature with respect. To leave no trace when I spend time with her. To help others discover her beauty and teach them to treat her with the respect she deserves</i>				



What are examples of behaviours that don't match your core values?

Value 1: _____	Value 2: _____	Value 3: _____	Category 4: _____	Category 5: _____
<i>For example: Nature</i>				
<i>To spend all my time indoors. To litter. To wilfully damage flora and disturb fauna. To trample all over vulnerable landscapes</i>				

3. What are ways your core values show up for you?

Your core values always serve and guide you, but they can show up in different ways and at different moments throughout your life.

Remembering i.e. identifying those moments gives you clues to what living in alignment with your core values looks like to you. They can help guide you as you start intentionally living your core values.

What are some examples of moments when you were truly living your values?



4. Identify when you're not living your core values

Just like you can point to moments when you are truly living your core values, you also have moments when you are **not** living your core values.

What are examples of moments when you were living out of alignment with your core values?

How do you know you were out of alignment?

5. Be intentional about living your values

Living your core values requires you to be intentional about it; especially in the early stages. After all, you may be entering into somewhat unfamiliar territory.

By being intentional about it, you make a commitment to yourself and are therefore more likely to succeed.

Answer the following questions:

1. How do you want to feel when living in alignment with your core values?
2. How do your core values match with things you want more of in your life?
(Remember your results in the '4 Box Happiness Quiz' from week 1?!)

Decide how you will make sure to stay in alignment with your core values. Think how it will feel to live in alignment with your core values and what it will mean for you.
