



# OAK

## Leaflet

# From Molehills to Mountaintops

Presented by The Outdoor Adventure Kind

Outdoor Education  
& Inspiration For  
Your Adventures

Do you dream of awesome outdoor adventures, but feel they're out of reach? Trust me, you are not alone. Drawing on years of experience, here are five simple yet critical components for achieving your goal. Add them to your plan, and watch those mountaintops get closer by the day!

## *Schedule It*

Whether you're aiming to reach that mountaintop in one month or five years, the first step is to **schedule it**. *Put it on your calendar!* Schedule the molehill-sized steps, too.

## *Honor Yourself*

When taking on mountain-sized goals, **honor yourself** and start where you are: at the beginning. You're not meant to reach the top on the first day or in the first step.

## *Be Flexible*

**Be flexible** when working through the molehill-sized steps. Climbing towards mountaintops can mean changes in conditions and terrain. Prepare to adjust your approach while aiming for the summit.

## *Be Forgiving*

Whether it's the voice in your head or others in your life, you may be challenged about your goal. **Be forgiving** of well-intended concerns, rather than letting them create doubts.

## *Celebrate!*

Don't wait until the end — **celebrate** every small victory on the way! Acknowledge all of your achievements. This will keep your motivation high through the entire journey.

**Achieve your epic adventure goals smartly, safely, and sustainably!**

Learn more at: [www.theoakind.com](http://www.theoakind.com)

