

# Mountain



- What mountains are you facing at the moment? Do they feel like obstacles or opportunities?
- Does a challenge excite you, or overwhelm you? It can depend on what else is happening in life, so try to spend time with people who encourage you and make time for the things that energise you.
- Try breaking your mountain down into small, manageable steps, or easy wins – and celebrate each one.
- Think about the people who'll be travelling with you, or helping you on your way, what can you learn from each other?
- Climbing your mountain can be hard, but when you get to the top, the views are beautiful, and it will seem well worth the effort!

***'You're off to Great Places! Today is your day!  
Your mountain is waiting, so ... get on your way!***

Dr Seuss

