

THE RESOLUTE MANIFESTO

11 Steps for tackling big goals

1. CHOOSE YOUR SUMMIT WISELY

Set your sights on a summit that truly matters to you—not the one others think you should climb. Real resilience comes from chasing a goal that resonates with your deepest drive, not someone else's expectations.

2. ASSESS YOUR EQUIPMENT

Start with an honest look at where you stand—your strengths, your gaps, and the path ahead. Knowing what you'll find tough helps you develop the skills to tackle the challenge. Realism isn't pessimism, it's preparation.

3. ESTABLISH NON-NEGOTIABLES

Create foundational daily practices that support achieving your goal, like honing a relevant skill and keep to them no matter what comes up.

4. TAKE ONE ACTION EVERY DAY

Progress is made one step at a time. Do something—big or small—every day on your project that moves forward. Even slow steps add up to major gains over time.

5. KEEP YOUR EYE ON THE SUMMIT

Don't lose sight of the summit – your destination. That far-off peak reminds you of what you're aiming for, even when today's trail is difficult or steep.

6. BUT FOCUS ON WHAT'S IN FRONT OF YOU

While the summit inspires you, the next immediate concrete action is where your focus should be. Avoid staring into the middle-distance as it can be overwhelming.

7. LOOK FOR SILVER LININGS

On the rough days—and there will be some—train yourself to find a silver linings. Even a small moment of awe will help keep your resolve strong for the long haul.

8. FIND A CHALLENGE BUDDY

Find someone who supports your journey but isn't too emotionally invested to shield you from hard truths and will ask you the difficult questions at the right time. They will be your belayer and help you succeed.

9. TRACK YOUR ALTITUDE

Keep tabs on your progress. Whether it's a journal, a checklist, or a quick review, regularly reflect on what's working and where you might need to adjust your route.

10. REROUTE OR TURN BACK WHEN CONDITIONS MAKE IT NECESSARY

If a path proves unworkable, don't be afraid to shift, or turn around. Changing or abandoning course isn't failure—it's part of smart climbing. Establish 'kill' criteria to help determine when the current plan isn't working.

11. TAKE TIME TO ENJOY THE VIEW

Don't wait for the summit to enjoy the view. Take time to look around and appreciate how far you've come - let those moments fuel the climb ahead.