



# MOUNTAIN MINDSET

Mental Fitness Coaching for the Mindful Mountain Athlete  
mountainmindset.net

## Focus and Attention Journaling Exercise

Read the questions below and journal for 5 minutes each. The objective is to let your thoughts freeflow as they emerge. Keep a curious, observant mind. Try not to criticize the thoughts that may arise and just write them down as they come. When you finish with question 5, put your notebook away for at least 1 hour (overnight is good too) before rereading what you wrote.

1. **If I was able to be confident and climb without limiting fear then...**

2. **If I never have the ability to climb without limiting fear then...**

3. **If I can't move past my fears, climb confidently and to my full potential what does this mean about me?**

**4. If I wasn't focused on the thoughts from the previous question, what would I be freed up to focus on instead?**

**5. What's important to me about climbing the way I envision?**

Now that you have reread what you wrote, take some time (~15 minutes) to reflect (you can journal or just ponder).

What do you notice? Are there any thoughts that surprise you? Any that seem silly or foolish? Are there any that have been on repeat for months or maybe years?

First of all, it is totally normal!

Oftentimes we are not fully aware of the internal thoughts we are listening to when we are struggling with a challenge. When we see them so plainly in front of us we might think thoughts like, "This is so stupid, I know better than that!" Or, "I'm so tired of having that same thought!"

This exercise helps us create some space to simply observe the thoughts we are having. This gives us an opportunity to choose if the thoughts we are paying attention to are actually the ones that serve us best.

Whatever thoughts we focus our attention on, our energy follows. When we focus on thoughts that are unproductive to our growth and success we waste energy, become bogged down and are inefficient.

When we focus on possibilities, our vision and what is important to us about the challenge we are taking on, our energy goes to looking for solutions, exploring options and finding the most efficient way on our path.

Where would you like your energy to go?

## Action Step:

Based on what you wrote for questions 4 & 5, write a 1 sentence declaration of how you would love to show up the next time you climb. Think about taking very small steps initially and reframing your definition of “success.” You may be tempted to declare something like, “I will climb confidently with no fear today!” While this is an exciting goal it is likely too big to start with and sets you up for failure. Instead, think of it as making a small shift in your relationship with climbing.

Structure it as follows;

“I am willing to be...

Here insert a way of “being” that you would love to demonstrate. Such as: curious, adventurous, inspiring, passionate, humorous, kind, compassionate, dynamic, flexible, etc.

Choose something that really lights you up!

Finish the sentence with;

...in my climbing, in order to produce an extraordinary result I am proud of.

The whole declaration will look like this.

“I am willing to be curious in my climbing, in order to produce an extraordinary result I am proud of.”

Write it down on a notecard and put it someplace you will see the next time you go climbing! Read it before you get on the wall and use it as a mantra if you notice fear or anxiety starting to emerge.

\*A final note on the importance of “being willing.”

It is important to use the phrase “I am willing to be” versus “I want to be” or “I’d like to be” etc. because these terms suggest that we are searching for something outside of ourselves. When we state, “I am willing to be” we are acknowledging that we have what we seek within us and we are consciously choosing to demonstrate it to the outside world.



**Give it a try and let me know what you think!**

**If you have any questions or would like to contact me please  
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