

Meet Laurie Bagley,

She has a MS in Outdoor Adventure Leadership, she is a mother, an ACE certified health coach and group fitness coach, entrepreneurial business owner, Veraheart and Boot Camp Hub coach and teacher. Her Health Fitness Coaching Business focuses on assisting people reach their healthy lifestyle goals.

She is also the 6th woman to summit Mt. Everest from the North Col route.

This is her gift to you, the first chapter of her book “SUMMIT! “. One woman’s Mt. Everest Climb Guides You to Success.



## **Author Preface**

### ***PART ONE: Let the Journey Begin***

In the next five chapters I will outline first steps for your journey to accomplish your big goal. The first consideration is identifying your dream. Once you have this you can begin the process of turning it into a goal. You will also learn how to create clarity for yourself. This requires you to examine and identify your gifts and passions. When you have clearly identified your gifts and passions, you can focus on commitment, which will support your route planning.

Commitment is the foundation of your success. You also must be doubly sure that the goal you have chosen is right for you, so you can go the distance and stay focused for the duration. And lastly, you want to make sure you are crystal clear about your “why,” your reason for choosing your goal. Why have you chosen this particular goal? What about it is compelling, inspiring, and worth doing?

Commitment and perseverance brought me to the peak of my success on May 25, 2006. At approximately seven a.m. I took the last step in my journey to the pinnacle of the world. The sky was blue, clear, and bright above me. A white blanket of clouds, a portent of a storm, gathered below me. From my vantage point I could see the endless peaks of the Himalayan range. The air temperature was close to minus fifteen degrees Fahrenheit

with a wind chill of thirty-eight degrees below zero. I must have felt the cold somewhere in my heavily clad body. However it could not distract me from this most powerful moment. There I was standing on the small platform that is said to be the top of the world. I was graced by this powerful mountain and allowed to be one of the fortunate few to actually summit her 29,028 foot peak that glorious morning.

How did I get there? Simply, I was awake to my dream to climb Mount Everest and attempt to reach the summit. I set firm goals and took consistent, dedicated action toward that end. I did my work and invested countless hours and years that spanned the time between awakening to my dream and its actualization. Passion and purpose fueled my committed actions. It was personal, intensely personal. I was solely responsible for my accomplishments; therefore, I planned out and sharpened my focus on every detail needed to achieve the realization of my goal.

Through the pages of this book I will share with you a clear path for you to walk towards achieving your biggest accomplishments. I encourage you to recognize the greatness that resides within you. It is all too easy and sometimes quite comfortable to think that there are only a certain few who can reach great heights of achievement. But those who live their dreams are people like you, with the courage to believe and proceed.

Everything I have written in these pages is based on my personal experience. This is not theory. I have lived through years of sweat, labor, focus, and perseverance. The chapters share the truth of my experience, and this truth expresses my intention to create more joy in the world; the joy of viewing life from peak experiences, the thrill of standing on the top of the world in awe of life and wonder of the human spirit.

---

## **Chapter 1. From Ordinary to Extraordinary**

“Remember, what you get by reaching your destination isn’t nearly as important as what you become by reaching your goals.”

—Zig Ziglar, *How to Get What You Want*

We are all extraordinary. I invite you to step out of an ordinary life and experience an extraordinary life. Through the insights in this book you will be given the opportunity to claim your dreams and the power to succeed in actualizing them. You will choose the direction you will go. I invite you to go beyond your current life, beliefs, and limitations. I invite you to claim, act on, and achieve your greatest goals.

I had the opportunity to live my dream of actually climbing and summiting Mount Everest. Admittedly this is an extraordinary accomplishment realized by few people. But my story of climbing Mount Everest serves as an inspiring metaphor for you to use as you work towards reaching your big dreams; it will remind you that big dreams are attainable. We all have metaphoric mountains to climb that lead us eventually to successfully accomplish our dreams. Your personal Mount Everest will be different from mine, but if you continue to climb towards your dream you will see the world as if from the highest peak on earth. Another metaphor that I use is “climbing gear,” which refers to the tools that you need to achieve success.

I am only the sixth woman from the United States to successfully summit Mount Everest from the North Col Route, most noted for the three steps that guard the peak of this majestic mountain. The degree of exposure one is subjected to on these steps requires unstoppable courage, physical strength, and expert climbing skills. The route is hard and cold, and the lack of oxygen makes every step challenging. Because of this, the majority of climbers opt to summit from the Southern Route. The steps that I took to attain my goal included tools, skills, and strategies that are important for reaching all goals, large and small. Courageous stories from my experience appear throughout this book to inspire you to climb higher, to take another step, and to succeed in achieving your dreams

Imagine yourself standing on the top of the world, feeling your own boots and the beat of your heart. You have not only achieved your goals; you have

surpassed them. What does it feel like knowing that you have succeeded? Imagine your inner guide congratulating you with “well done.” This was my experience. The culmination of my eighteen-month plan had paid off. Your plan also will pay off if you outline and follow realistic steps, design appropriate strategies, and develop a timeline that fits your purpose.

On the summit I must have felt fatigue; however, that was not the focus of those moments, as the wave of euphoria enveloped my total being. I do recall that life seemed to be in slow motion. I experienced mental images in frames and fragments that were filled with the day-by-day, step-by-step effort of following my plan of purposeful actions. All the incremental accomplishments related to this goal over the recent years came together in a kaleidoscopic vision. I had climbed Mount Everest. I had actually done it. And now I was required to go beyond.

As I returned to the present moment, I quickly became aware that gravity was pulling on me while the altitude disoriented me. A heavy and cumbersome oxygen mask offered breathing relief, but at the same time it further weighed down any sense of freedom of movement. Of necessity my thoughts turned to the steep and dangerous descent. I needed to focus on my next goal, to arrive safely at Camp Two.

After a fleeting thirty-five minutes on the summit, our expedition advisor noticed that my oxygen was dangerously low. Initially I experienced fear; fear is the thief of energy that can rob you of life. On Mount Everest fear could take that last bit of reserve you need to stay alive. I knew fear had to be turned away. As I checked in with myself and acknowledged that my oxygen supply was limited, I consciously slowed my breathing. Then I began the process of descending as quickly as possible.

The controlled movement down the mountain brought a sense of calm that took over my body, my mind, and my breathing. I was doing exactly what I needed to do. For the next thirty minutes I concentrated on breathing as slowly as possible while exercising the practiced feelings of disciplined serenity and self-enforced focus that had been part of my training. During the descent I thought deeply about my daughter, my community, and all that I wanted to do in my life. This gave me the motivation needed to conserve my breath, trusting that it would allow me to have a supply of oxygen until I reached the spare bottles. By the time I reached the spare oxygen bottles my tank was empty. My life had been saved in a precarious situation. I am fortunate to be alive.

How did I master these life-saving skills? My life experiences in the world of competitive sports, endurance running, adventure racing, and mountain/river guiding that led up to climbing Mount Everest taught me how to manage my time, energy, and resources. These activities helped build the skills that I needed and helped me attain the goal that I worked so hard to achieve. As the sixth woman from the United States to summit the North Col Route, I felt a sense of awe and affirmation that my process of setting goals works. You have this same opportunity to turn dreams into reality through a simple series of steps presented in the following pages. Willingness and persistence will lead you to great achievements.

People have often asked me questions such as: “Who would be crazy enough to put their life at risk and leave their family just to climb a mountain? What in the world possessed you to climb and to summit Mount Everest? What propelled you to go through the pain and discomfort that it would take to reach the summit of Mount Everest or any of the other great peaks on this planet?”

Who would take such a risk? People who are awake to their dreams. What would possess them? Passion. What would propel them forward? Purpose. Who would allow their dreams, passions, and purpose to drive them to boldly climb their Everest, to attain their dream? Yes, it is you, and now is the time to embrace your dream.

We all have the opportunity to live fully and passionately. We were all born with the possibility of doing something distinctly our own, of transforming ourselves into the person we would like to be, of contributing to the world around us or participating more fully in life. Living is often what we make it. Living proactively, living your life inspired by your own calling, creates purpose in your life. Imagine yourself waking up each day secure in the knowledge that on this day you will be engaged with life and aligned with your heart’s greatest desires.

Have you limited your vision to being “average”? Are you beginning to recognize that you want to do more in your life? Are you willing to allow the blinders to be peeled away, to live proactively? Are you ready to wake to your true dream and courageously step out of the average into extraordinary?

Surrender and let the debris of unfulfilled dreams, goals, and desires begin to fall away. As you come to this moment in time, reading these words, allow yourself to feel your body, mind, emotions, spirit, and heart waking

up. Allow yourself to begin realizing that limitless potential resides within you, waiting to be claimed.

The first step on this journey of awakening to your potential is to take a good look at your current life. Whose dreams, goals, and visions are you living? Are they yours or someone else's? Do you have your own vision of what you want out of life? This part is crucial because you need to focus your time and energy to pursue goals that are the most motivating for you.

My parents wanted me to choose a comfortable life, one they could be proud of. They wanted me to choose a safe career with long-term prospects, a secure income, and a good retirement plan. They both had degrees in teaching and had hoped I would follow in their footsteps. It was also important to them for me to marry earlier rather than later, have a couple of children, and enjoy the country club lifestyle.

I tried for many years to live the life my parents wanted me to live. I continued to try to get their acceptance. I majored in psychology and recreation therapy, although it did not exactly promise high financial rewards in the end. I got degrees and credentials in elementary education and in addition, I received credentials to teach children with special needs. I had various jobs in education that created an illusion of security.

But because I was not in synch with my true passions, I kept veering from this path. Instead of playing it safe I began to explore challenging sports such as adventure racing, which involves multi-day, multi-sport, non-stop racing, often in a four-person format. I also took summer jobs as a Class 3, 4, and 5 whitewater rafting river guide on the American, Kern, and Klamath Rivers. I was exploring my own "boots." I was working towards recognizing the increasingly demanding parts of myself that I had denied in an attempt to please my parents.

So, for a while I decided to fragment my life. I chose to do a part of what my parents wanted me to do, be in a career that represented security, and the other portion of the time I followed my heart and explored the adventure that was more in alignment with my true self. Examples of this included: bike touring in the United States and overseas, multi-day backpacking trips, multi-day river trips, and competitive endurance sports. Finally, when I was in my late thirties, I'd had it with the fragmentation. I became secure enough in myself that I decided to do life my way, to hike fully and freely in my own boots regardless of anyone else's desire for me. I had discovered what should have been obvious, that you can waste a great

deal of time trying to do the right thing with someone else's dream for you, but after all the effort, in the end you are the only one left feeling empty.

Every moment in life is a gift. The choice is yours to receive the moment or to reject or deny it. You can let it live or you can suffocate or stuff it.

---

## **Chapter One Exercises**

Call to Action: Questions That Facilitate Waking Up to Your Passion

1. What did you love to do as a child? Make a list.
    - What did you gravitate to?
    - What did you think about, explore, learn about, or participate in?
  2. Remember your most perfect day to date. Describe this in detail.
    - What were you doing?
    - Who were you with?
    - What about the experience was satisfying, fulfilling, passion driven?
- 

I hope you have enjoyed this free gift.