



Go Beyond the Summit

Robby Kojetin broke his ankles in a freak climbing accident, leaving him in a wheelchair for what turned into the longest year of his life. He was plunged into debt, depression and a life of constant pain. These rules helped him rebuild his life, and realise a life-long dream: summiting Everest

1 Rope in a Friend

You can't climb huge mountains by yourself. Asking for help doesn't make you weak, it makes you a better man.

2 Weather the Storm

Remember that scar tissue is stronger than skin.

3 Reset Your Compass

Ask yourself this question when you wake up and when you go to bed: Am I still the guy I said I was when I sat in that job interview or tried to impress her on that first date?

4 Master the Expedition

But seriously, have a bucket list. Pick one thing at a time and gun for it with everything you have.

5 Heart of the Mountain

Money is nice to have. But manners win every time.

6 Plot the Course

Doesn't matter whether it's a shopping list, a to-do list or a bucket list. Just make a list. Getting shit done, and having the ink-marked tick to prove it feels good.

7 Ditch the Deadweight

Then get that chuck-it list going. These are the bad habits you want to crush, the loser friends you want to let go and the job you're sick of. Pick one and hit the ejector seat.

8 Stay Grounded

Your goals should be at

eye-level, not on a pedestal. That way, you can look at them often.

9 Coax the Climber

We are our own biggest critics, and we are always, without a doubt, stronger and smarter than we give ourselves credit for.

13 Take the First Step

The trick to kicking off a great holiday? Just buy the plane ticket. The rest will always fall into place.

14 Become the Path

What we get for living our dreams, is not as important as what we become.

15 Hunt in Packs

If someone offers you a helping hand, take it. You're doing yourself and your Good Samaritan a favour.

10 Make Camp - Often

Take 30 minutes every day to stop being busy. That means stashing away the phones and tablets and enjoying those precious seconds of silence by yourself. Consider this your time to recharge: it will boost every minute that follows it.

11 Don't Ration Yourself

Life is too short for second-rate products - that goes for your shirt, your sleeping bag, even your pen. Invest in quality over quantity every time.

12 Invest in Passion

Looking for the best investment right now? It's not on the stock market. Live every day



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