

BE THE MOUNTAIN

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Be the Mountain – Life-Coach Version

Imagine a huge mountain. Storms come: rain, snow, lightning, 100-mile-an-hour winds. The mountain doesn't fight the storm. It doesn't run away from the storm. It doesn't panic and think, "Oh no, this storm is going to ruin me!" It just stands there, rooted, unmoved. The storm passes. The mountain is still the mountain.

That's you at your highest self.

Most of us live like the weather:

- Someone criticizes us → thunder.
- A bill comes → lightning.
- A relationship gets rocky → blizzard. We react, we spin, we let the external conditions decide who we are that day.

Being the mountain means: You stop letting the weather own you. You become the thing that the weather happens *around*, not *to*.

The storms of life will still come:

- Business deals fall through
- People leave
- Health scares hit
- Money gets tight

But when you're the mountain, those things don't shake your core. You feel the wind, you acknowledge the rain, but you don't become the storm.

How do you practice it in real life?

1. When chaos hits, pause and say (out loud or in your head): "This is weather. I am the mountain."
2. Drop into your body: feet on the floor, shoulders down, slow breath. Feel your "root" like the mountain goes miles into the earth.
3. Ask one simple question: "What would the mountain do right now?" (Answer is almost always: Stay calm. Respond, don't react. Keep building.)

The goal isn't to be emotionless. Mountains have snow on top, rivers running down the sides, trees growing, animals living on them: life still happens. You still feel, you still care, you still take action. You just stop letting every gust of wind knock you over.

Clients love this because it's visual, it's masculine or feminine depending on how they need it, and it gives them an instant identity shift. Next time life gets crazy, don't try to control the storm. Just remember who the f*ck you are.

You are not the weather. You are the mountain.



BECOME THE MOUNTAIN WORKOUT

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(Print this or keep it in your phone notes. Use it daily for 30 days, then as needed.)

Name: _____ Start Date: _____

PART 1 – DAILY ANCHOR (Do every morning – 2 minutes)

1. Close your eyes. Put both feet flat on the floor.
2. Breathe in for 4, hold 4, out for 6. Repeat 5 times.
3. Say out loud or in your head: “I am the mountain. The weather changes. I do not.”

Write today’s intention as the mountain (one sentence):



PART 2 – WEATHER LOG (Fill out every time a storm hits)

When something triggers you today, stop and write it here BEFORE you react.

Date / Time: _____ Trigger / Storm (what happened):

Immediate body reaction (circle all that apply): Racing heart – Tight chest – Heat in face
– Want to text/call/yell – Numb – Other: _____

How loud is the storm right now? (1 = light breeze, 10 = category-5 hurricane) _____

What is the old me tempted to do right now?

Pause. Breathe 3 slow breaths. Now answer as the Mountain:

What would the mountain notice or feel without becoming the storm?

What is the next calm, rooted action? (Respond, don't react)

Actual action I took as the mountain:

How solid do I feel right now? (1–10) _____ (If under 7, do 20 push-ups, cold shower, or walk around the block – then re-rate.)

PART 3 – END-OF-DAY ROOT CHECK (2 minutes before bed)

1. Today, how many times did I remember I am the mountain? _____
2. Biggest storm today: _____
3. Proof I stayed the mountain (even 1% more than yesterday):

One sentence of gratitude to the mountain in me:

PART 4 – 30-DAY MOUNTAIN SCORE CARD

(At the end of each week, give yourself a score 1–10)

Week 1 – Average “Mountain Score” _____ Week 2 – Average “Mountain Score” _____
Week 3 – Average “Mountain Score” _____ Week 4 – Average “Mountain Score” _____

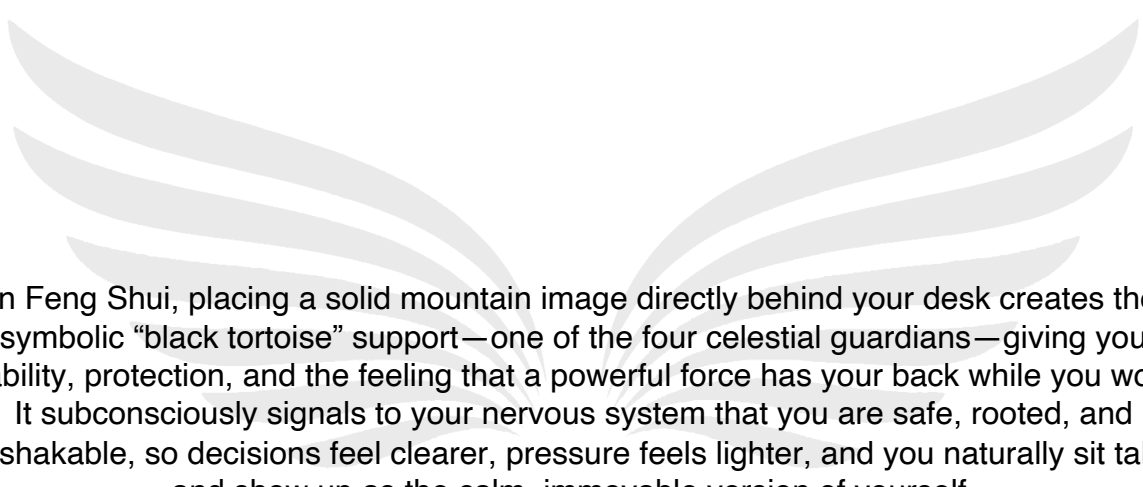
What changed in my life when I started showing up as the mountain instead of the weather?

Bonus – Lock-screen / wallpaper reminder (write it now and set it): “I am the mountain.”

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You don't rise to the level of your goals. You rise to the level of your identity. Your new identity: The Mountain.



In Feng Shui, placing a solid mountain image directly behind your desk creates the symbolic “black tortoise” support—one of the four celestial guardians—giving you stability, protection, and the feeling that a powerful force has your back while you work. It subconsciously signals to your nervous system that you are safe, rooted, and unshakable, so decisions feel clearer, pressure feels lighter, and you naturally sit taller and show up as the calm, immovable version of yourself.

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