

How to Create a Reserve!

While my family and I were living in Nepal, we decided to travel the famous path to the base camp of Mount Everest. At that time our kids were still young so we were able to take several weeks off. We hired a guide and off we went.

Travel to the Base Camp of the Mount Everest

The first ten days were really wonderful; the weather was mild and I have rarely seen such a beautiful landscape. Then the weather turned and it started to snow so our guide suggested we stay in a little lodge and wait for better weather. Expedition after expedition passed this little lodge in spite of the snowstorm outside. One group left a fellow mountain climber in the lodge with us. He had serious breathing problems because of the altitude and they didn't want to wait for him. He seemed very sad and depressed. After spending so much money for such an expedition he was now seeing his life-long dream slowly disappearing. Ironically, he was the only one who survived because the others didn't come back from the peak. The snowstorm outside didn't stop and during these five days lots of climbers lost their lives.

The Mount Everest is not such a difficult mountain to climb. With the exception of the Khumbu Icefalls, a very experienced mountaineer can make it. Going to the top needs other qualities. One needs a lot of time to adapt to the altitude and financial reserves, not only for the permits and preparations, but also to allow for enough time if there are changes in plans. Edmund Hillary, the first who went to the summit of the Mount Everest gave himself several months to get used to the climate and to the altitude; he observed the mountain and he waited patiently for the best weather to go.

There are about 10 areas where we can build a reserve in our daily lives. As mentioned above, first comes time, and then money. You can build other reserves of space, opportunity, love, energy, information, wisdom, self-awareness and integrity.

Building up a Reserve

Having a strong reserve means that we can choose what we want to do. We can live our life the way we want to live it; we can spend our time doing what fulfils us and truly be ourselves. We can try to be ourselves without a reserve, but it is rarely sustainable or consistent.

The process of building up a reserve strengthens us; it is like going to a summit. Climbing up means setting one step after the other, slowly but consistently and the more steps we go the more successful we will be.

The Process

1. Select one area, where you want to start today; be sure that now is the right time and that it is not something you feel that you should select. Choose the one you are ready to work on.
2. Identify what the “full” level of reserve would be for you. What does it mean for you if you have all that you need? For example: if you chose personal space, that might mean something like not having time pressure anymore or space to be creative again.
3. Think what you need to build your reserve. What do you have to do? This may include action, changes, being selfish, plugging holes, working harder, saying no, setting more boundaries, telling the truth, moving, changing jobs.
4. The moment you have taken action, give yourself credit and reward yourself.

Having a Personal Guide

Most of all the mountaineers who want to go to make it to the summit and get that experiences have their guides. The Sherpas, the Tibetan guides, know the mountains, the routes, the weather, and the difficult parts very well. They live in this climate and most of them are used to the altitude. In our daily lives we often try to handle everything alone. It works very well when we are fit, in a good mood and when we have a lot of energy. In the difficult times our reserves get low, we have less energy and we get stuck.

As a coach, my job is to guide you through these difficult parts. You still have to do it alone, but with a coach on your side, life is easier, lighter, it is more fun and you can make progress faster than you could image.

You can call me for a complimentary session and together we will find out how I can support you. You are always welcome!

Have a wonderful time!
Warmly Heidi

This article appeared in the magazine “Hello Basel” , an English – language magazine in Basel