
REACHING YOUR PINNACLE

When all is said and done a successful life is a fulfilled life – as defined by you.

RYP STANDS FOR REACHING YOUR PINNACLE. *Reaching Your Pinnacle* has been my guiding philosophy since my first week at university where I undertook a Physical Education degree. Orientation week was conducted at a camp in a location called Pinnacle Valley, where the entire week was dedicated to a focus on making the most from your four years at university, and to maximise the opportunities provided to you – Reach Your Pinnacle. It is there that I understood that learning is about many moments, and involves everything you do, not just in the classroom.

REACHING YOUR PINNACLE IS A MINDSET, NOT A DESTINATION. It is about you and your never-ending quest to be the best version of yourself. It is not about winning or being number one, but about having the courage and inner confidence to live life on your terms, challenge and test your boundaries, in accordance with who you are, what your aims and ambitions are, the stage of life you are at, and what motivates you.

THREE GUIDING PRINCIPLES:

- 1. Be Enthusiastic**
- 2. Live Life!**
- 3. Make a Difference**

Be Enthusiastic: Have a sense of enthusiasm in everything you do. Have a positive attitude and bright personal energy about yourself. See good in people, and smile. Have a balance to life without being burdened by the things that do not matter. Bring a positive mindset and set of behaviours to any team you are involved with.

Enthusiasm is a quality that applies in every life circumstance.

Live Life: Pursue all the experiences life has to offer. Life is about many moments. Be in the moment as and when things occur (free of devices) and embrace it. Moments in time will turn into memories. Have a crack at things – you never know where they may lead.

Life is there to be lived – you only get one shot at it.

Make a Difference. This is a lifelong quest. Have a purpose, pursue a passion, help others, in time this will be your legacy. A personal quest helps turn tasks into passions. No matter who you are, or what you do, we all can make a difference in some way, shape or form.

How you make others feel will be how you are described by others – Your Personal Brand

Facta Non Verba – Deeds Not Words – David Stewart Principal RYP International

Reaching Your Pinnacle Is a Mindset – Not a Destination

Reaching your Pinnacle is about you

Be committed to being the best version of yourself

Have the courage to challenge yourself and push personal comfort zones

Have the inner confidence to explore who you are – what your passions might be

Be enthusiastic. Volunteer for things. Embrace all that you take on

Be in the moment (free of devices). Experience all of life's moments

Listen to hear what is actually being said to you. To hear is to understand.

Take the time to looking to see. To see is to remember

See good in people. Engage in who they are – not what they are

Have a positive energy about you. It always precedes you. Smile

Don't allow the pursuit of career to stop you living a life

Respect People, our planet and all that lives on it equally

Understand life is made up of many moments – Ensure you live them

Embracing life moments – it is these that turn into memories

Have a crack at things – give opportunities a go – you never know where they lead

Adopt an “as well as” philosophy rather than an “either – or” attitude

Have a purpose or help make a difference – This is what will leave a legacy

If you ever make it in life - Help others and see if they can “make it”

The easy option is to quit or opt out of things – try things – persevere – persist

Treat people for who they are – their Character – Not what they are (Labels)

Focus on progress – not change – Continually evolve as a person

Lead your own learning – no one else can do it for you

Protecting and maintaining your health and well being

Don't be burdened by the things that do not matter

Never retire – Rewire instead

Travel – It is the best cure for Ignorance

When all is said and done – a successful life is a fulfilled life – as defined by you