

# Climb Today's Mountain!

A lifestyle change program for you

Climb Today's Mountain (CTM) is a new personal growth and goal-attainment program in Pittsburgh. You can use it to:

- Build time, money and energy – get off the treadmill of stress.
- Set and reach personal goals – enjoy daily success.
- Live your personal vision – change the direction of your life.

The weekly two-hour format includes a small group meeting, an open period for learning or teaching skills and getting feedback, a round of networking, and "Summit."

Participants become engaged in the program by working on one or more projects in three areas: Happiness and Fulfillment, Personal Effectiveness and Skills, and Helping Others and the World.

*Who's going to love Climb Today's Mountain?*

- Adults who want ongoing personal support and encouragement to reach their goals.
- Single adults (and those married) who are tired of superficial conversations and bar scenes, who want to talk about something more meaningful.
- People who've spent hundreds of dollars on self-help books or seminars and who've gotten few real benefits. For a fraction of the cost, they can use the program to help them review or master the knowledge they've already paid for.
- People who want to be part of an ongoing learning community, for example, those tired of making friends in community college courses just as the course ends.
- Those who want to network to find or offer professional services.
- Nonprofit organizations who tell their volunteers and donors about us. Since some of our project tools can boost the participant's spare time, money and energy, they'll have more to give to their favorite causes. The more CTM is embraced, the more it can increase the pool of volunteer energy and donor dollars that nonprofit organizations depend on.

*Where and when is the meeting?*

The first *Climb Today's Mountain* location is at the Pittsburgh Mennonite Church, 4005 Murray Avenue in Squirrel Hill, on Monday evenings from 7:00-9:00 p.m., beginning June 25<sup>th</sup>. Directions can be found at [www.climbtodaymountain.org/directions.htm](http://www.climbtodaymountain.org/directions.htm).

*What does the program cost?*

Your first two meetings are free. You then pay \$25 for two months or \$45 for four months, so that you treat the program as a two- or four-month course in reaching goals that you create for yourself. The "Climbing Gear" Starter Kit is included with initial participation.

*What's the weekly meeting like?*

7:00-7:45 p.m. **Goal & Growth Groups.** In groups of three to five people, participants take turns speaking for about three minutes in three areas to clarify their plans and receive support:

- 1st round: What progress have you made last week toward your goal or mission? What are your specific plans for next week?
- 2nd round: What did you learn last week to advance your goal or mission?
- 3rd round: What have you appreciated last week?

7:45-8:45 **Action Hour** / Skill-Exchange/ Hour of Power/ Sounding Board/ Lifestyle Lab

You work on what you consider to be the best, most loving use of your time in a supportive atmosphere. Options include: pairing up to teach or learn a practical skill; planning a two- or four-month goal; working on projects that you lack motivation for at home; or getting feedback on your plans and progress. New participants receive a 30-minute orientation on the various program resources.

8:45-8:50 **“Looking For...”**

You network for the things you want. Participants sit in a large circle and take turns making requests for resources, information or help. You could be looking for anything, such as how-to information on budgeting, someone to teach you a computer skill, a baby-sitter, or a goal-support Buddy. Then, if someone has what you want, they let you know immediately after the meeting.

8:50-9:00 **Summit**

In a large circle, participants who have had major accomplishments or appreciations can share, if they wish. An optional social time follows, the Half-Hour Café.

*What are some benefits of participating?*

\* Ongoing support and encouragement \* Opportunity to network \* Being part of a community of actively growing people \* Original methods for managing your life better: Path Management and Want Management \* The energy and expectation to change \* Honest feedback \* Meeting new people

More info: [www.climbtodaysmountain.org](http://www.climbtodaysmountain.org) or (412) 825-0260