

Visit an Elevated Surface Every Day: Finding Perspective from Above

There's something incredibly **empowering** about standing on an elevated surface, looking out at the world below. Whether it's a hill, mountain, or rooftop—find an elevated space near you and make an effort to start your day there. The feeling of looking out from above gives you a fresh perspective, a moment of clarity, and a boost of energy that sets the tone for the day.

Look Out at the Horizon

When you're up high and can see the horizon stretching into the distance, it's a reminder that the world is open and endless. There's so much to see and explore, and the view from above offers a sense of freedom. Standing in an elevated space, looking out over rivers, trees, the horizon, and the sky, **grounds you in the present moment** and inspires curiosity.

"When I can see the horizon in the distance, it reminds me that the world is open and endless."

The Daily Habit of Perspective

Visiting an elevated place each day gives you more than a scenic view. It shifts your mindset. It's a chance to step away from the daily grind, reset, and gain perspective. From up high, everything feels more manageable, and you're reminded of how small everyday worries can be in the vastness of the world.

Key Takeaways

- **Seek out elevated spaces** near you, and make them part of your routine.
- **Look out at the horizon** to remind yourself of the world's openness and endless possibilities.
- **Start your day from above** to ground yourself in the present and inspire a spirit

of curiosity.

Standing on an elevated surface each day might seem simple, but the sense of clarity and empowerment it provides is profound. Embrace the view, breathe deeply, and let it set the tone for your day.