

# THE JORDAN HARBINGER SHOW

## Worksheet for David Roeske | The View from the Top Is Breathtaking (Episode 235)

Towering at an ominous 29,029 feet, Mount Everest has been — quite literally — the pinnacle of achievement for thrillseekers from around the globe for decades. The punishing consequences of attempting to summit Everest can range from frostbite to death even under ideal circumstances at such an altitude, and 2019 alone has so far claimed 11 lives. Most who make it to the top do so with the help of bottled oxygen to make up for the elevation's thinner air. And then there are the daring few who insist on getting there by the power of their own lungs. Our guest for [this episode](#) is one of these rare maniacs.

As just the fourth person in the world to summit Everest and another 8,000-meter peak in one trip without the assistance of supplemental oxygen, [David Roeske](#) might be mistaken for someone whose day job must entail stunt work or superheroism rather than the reality of managing portfolios in Manhattan. So what compels someone whose background wasn't athletic until relatively later in life to confront the world's tallest mountain on his own terms? What makes the difference between someone who risks his life to rescue an ungrateful fellow mountaineer in peril and the majority of summit seekers who leave others to die? And how does someone who lives in New York City even train to pull off such awe-inspiring feats of fortitude? [We tackle this and much more here.](#)

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## Flex Your Mindset

As anyone who's ever read Carol Dweck's *Mindset* knows, just because you've been doing things a certain way your entire life doesn't mean you have to stick to that regimen forever. David didn't grow up as an athlete, but he made decisions in his 20s and 30s that resulted in the vegetarian we know today who can climb the world's tallest mountains without depending on supplemental oxygen.

"Not until I was 26 years old did I make this conscious decision: 'I'm going to invest in my body on a near-daily basis, because I want that for the rest of my life,'" says David. "That led to all of the other things I've done since then. It wasn't until I was 32 that I got the inspiration to pick up altitude mountaineering, but by then I'd been running for six years — I'd run the marathon in New York a few times — so I had this base of fitness."

**You don't have to have wild ambitions to make positive lifestyle changes at any age. What personal changes would you like to make to your own lifestyle, and what's been preventing you so far? What small steps might you make toward these changes today?**

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## Train Anywhere

David and I met at a party thrown by our mutual friend Jon Levy. I was tending the call box, and between the time someone would get buzzed in downstairs and knock on Jon's door, I'd have time to make myself a drink. Not so with David. He bounded the six flights faster than Scotty could have beamed him aboard the Enterprise. One might wonder how someone who lives and works full time in New York City for most of the year can train to summit Everest and K2, but as this first impression drove home: David makes every step count.

"One of the cool things about the balance of goals that I have is just having to figure out how to pursue them with the tools I have right here and right now," says David. "Anyone going after big goals, you can always start with what you have here." For instance, he hikes the 40 stories to his apartment in full gear, or does three hours on the treadmill set to a 30 percent incline with a 30-pound barbell in his backpack. Additionally, he'll listen to audiobooks and podcasts (sometimes this very one!), so he's working out his learning muscles simultaneously.

**If David can train to scale the most daunting, inhospitable peaks in the world while dwelling in an American metropolis surrounded by luxuries and temptations galore, what excuse do you make to yourself when you put off exercising until an endless series of "tomorrows?" What tools do you have *right here and right now* to make sure you're getting at least some physical activity into your daily routine even if you don't have a gym membership?**

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## Be Prepared

Mountaineer **David Sharp** died on Everest while 40 nearby people watched — and it's not the first time someone has perished there in plain sight of others. While it's potentially deadly to overstay one's time at this altitude even to save someone in need, David and his partner once rescued a fellow climber under similar circumstances. So what made them different from the 40 who did nothing? There's an old saying attributed variously to ancient Greek philosopher Archilochus, a Navy SEAL, or some other source since lost to the ages: "We don't rise to the level of our expectations, we fall to the level of our training." This holds true for anyone thinking of ascending Mount Everest and what they'll do if they come across a fellow climber in trouble.

"The only way to react in the ethical way is to decide ahead of time before you get to the mountain — and throughout your life," says David. "It has to be a practice. Those values have to be at the core of your identity, otherwise in that extreme of a situation, you're going to be like those other people."

**You may never be in a position to make this kind of life or death decision, but it's a good reminder to be prepared for what the world might throw your way. Live in a place in danger of earthquakes, tornadoes, flash floods, or fires? Make sure you've got an **emergency preparedness plan** on hand just in case. Don't get on the interstate without a spare tire. Have a first aid kit at home and in your car. These safety nets may save your life someday — and allow you to save the lives of others when the unplanned happens.**

*Full show notes and resources for this episode [can be found here.](#)*

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## About



Join us as we get deep into the untapped wisdom of the world's top performers – from legendary creators to intelligence operatives, iconoclastic writers to visionary change-makers.

We deconstruct the playbooks of the most successful people on earth – and learn new strategies, perspectives, and insights you can't find anywhere else. Then, take these valuable insights into your own life and live what you listen.

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