

# DARE TO ACHIEVE THE IMPOSSIBLE WITH PROFESSIONAL ADVENTURER SQUASH FALCONER



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## TWS S2 E4 • Squash Falconer

Dare to Achieve the Impossible with Professional Adventurer Squash Falconer



"You Are Incredible, You Can Do These Things And Where There's A Will, There's A Way"

Squash Falconer

Have you ever thought to yourself 'I can't do that, that's impossible?'

This limiting thought and belief that our dreams and/or goals are impossible, is enough to paralyse even the most driven person in the world and is why many dreams are left at the back of our mind gathering dust.

Would you like to move past this?

Would you like to shift your mindset to be more positive?

Where you focus on all that you can do and your dream is in fact at the end of a road with a few blind corners, all you have to do is take one small step after another.

Well, you're in luck, for with me on today's episode is Adventurer, Presenter and Speaker Squash Falconer!

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YOU ARE INCREDIBLE, YOU CAN DO THESE THINGS, WHERE THERE'S A WILL THERE'S A WAY.

SQUASH FALCONER



I knew I had to get Squash on the podcast when I read this on her website,

*"I believe I was born on a lucky and brilliant day because I'm a naturally happy and very positive person, however, on that day I also believe someone said, let's have a laugh and remove the part of the brain that says, "you mustn't do that, it's impossible"*

This sentence really intrigued about Squash's mindset and I wanted to get into the nitty-gritty of how Squash thinks, to discover the techniques she uses to achieve things that many of us would shy away from.

Squash holds the world recorder for the highest bum board while climbing Cho Oyu – a 7000m peak in China, and being the first British woman to paraglide off Mont Blanc. AND Squash has summited Mount Everest!

So I'm really excited to jump into these topics with Squash..

- How you can build mental resilience and toughness
- What you need to do to realise your dreams
- How to overcome self-doubt and limiting beliefs
- How to find the right balance between respecting fear and facing it
- We cover many tantalising stories of adventure!
- And much more!!

I really hope this episode helps you start taking action to realising your dreams, moves you further along your journey and provides you with some mental resilience tips that will take your game to the next level.

Let me know if you need any help, I'm only an email away at [adelaide@lillywild.com](mailto:adelaide@lillywild.com)

Enjoy the show and Stay Wild!

Adelaide Goodeve

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P.S. I also want to give a massive thank you to [Sophie Kelly from Snooks](#), the first British snowboard and ski outerwear brand dedicated solely to women, who introduced me to Squash. Without Sophie, this episode wouldn't exist!