

Unarmed to the South pole - a strategy to reach the seemingly unattainable

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The impossible journey

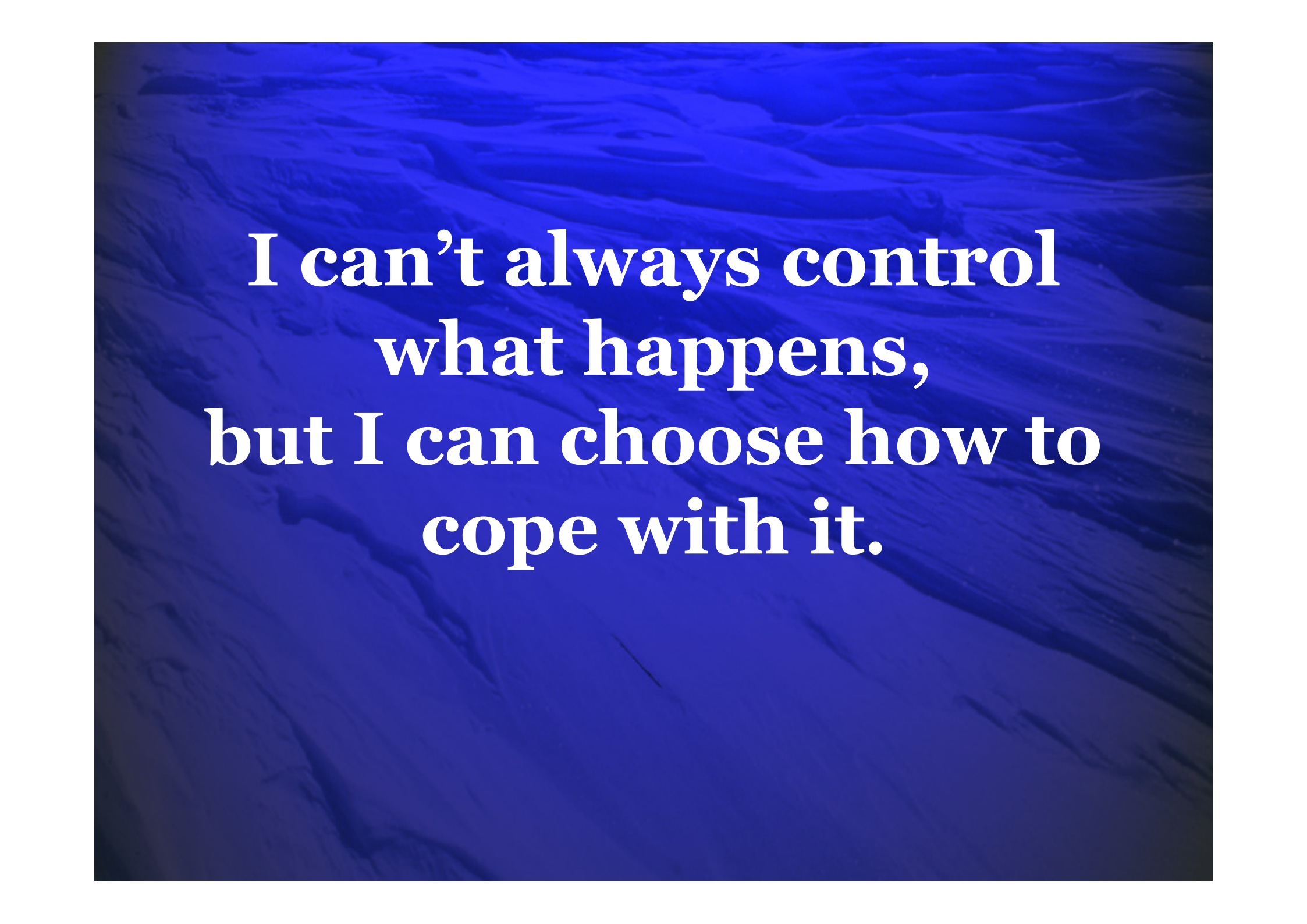
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Unarmed to the South Pole



**«A strategy to reach the
seemingly unattainable»**

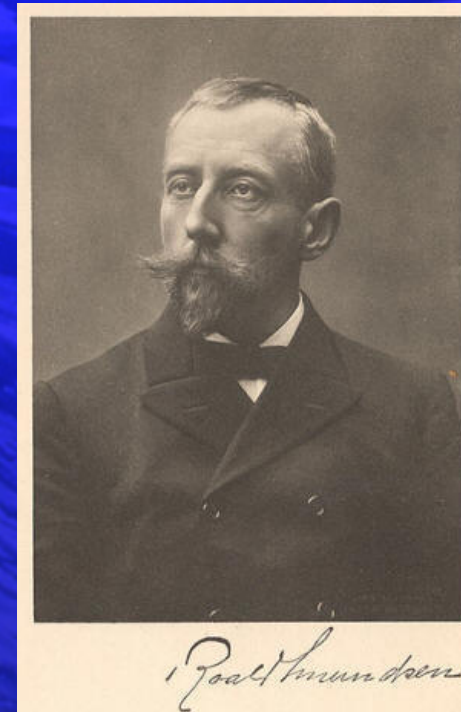




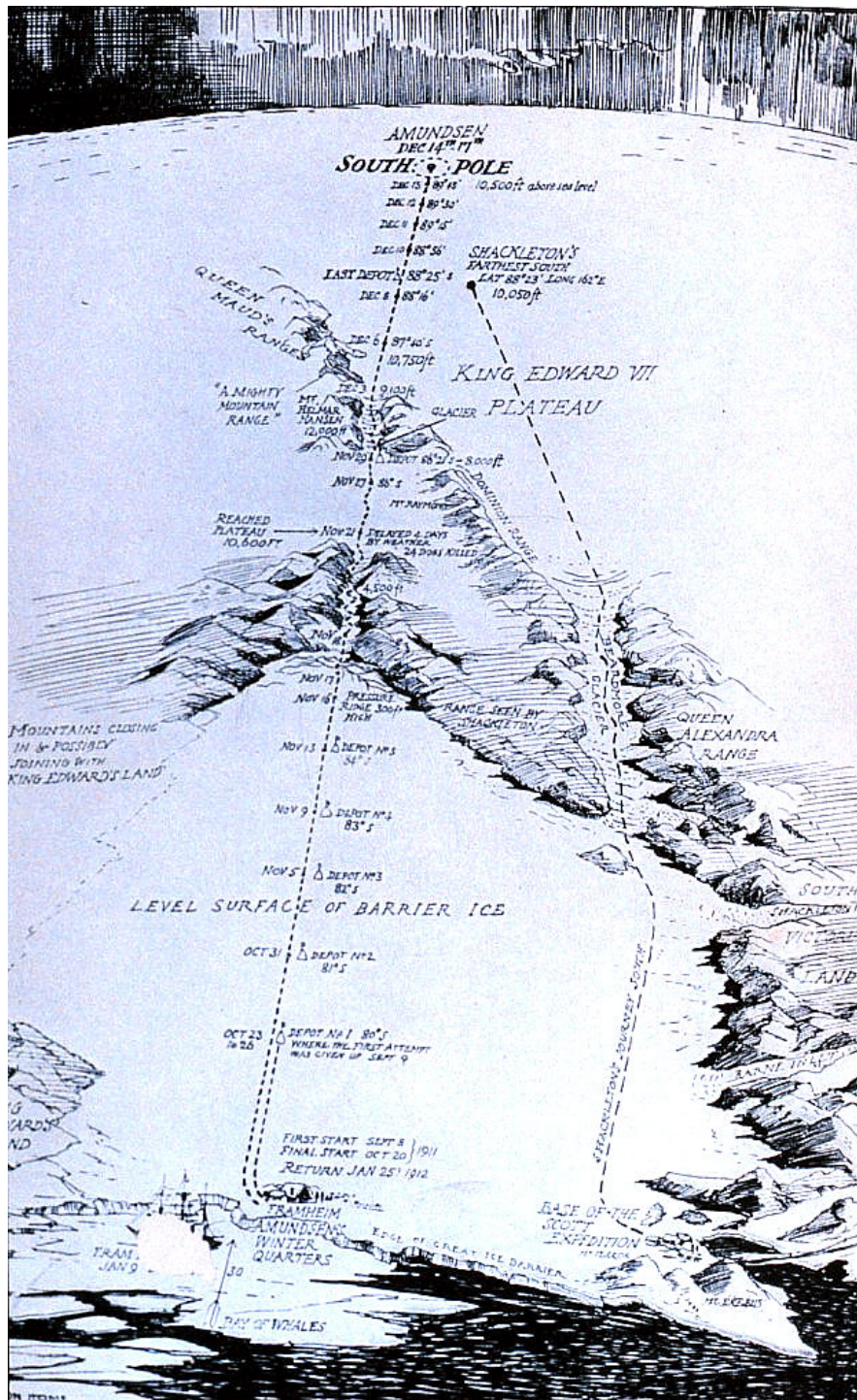
**I can't always control
what happens,
but I can choose how to
cope with it.**



Roald Amundsen, 1872-1928



South Pole Des 14, 1911



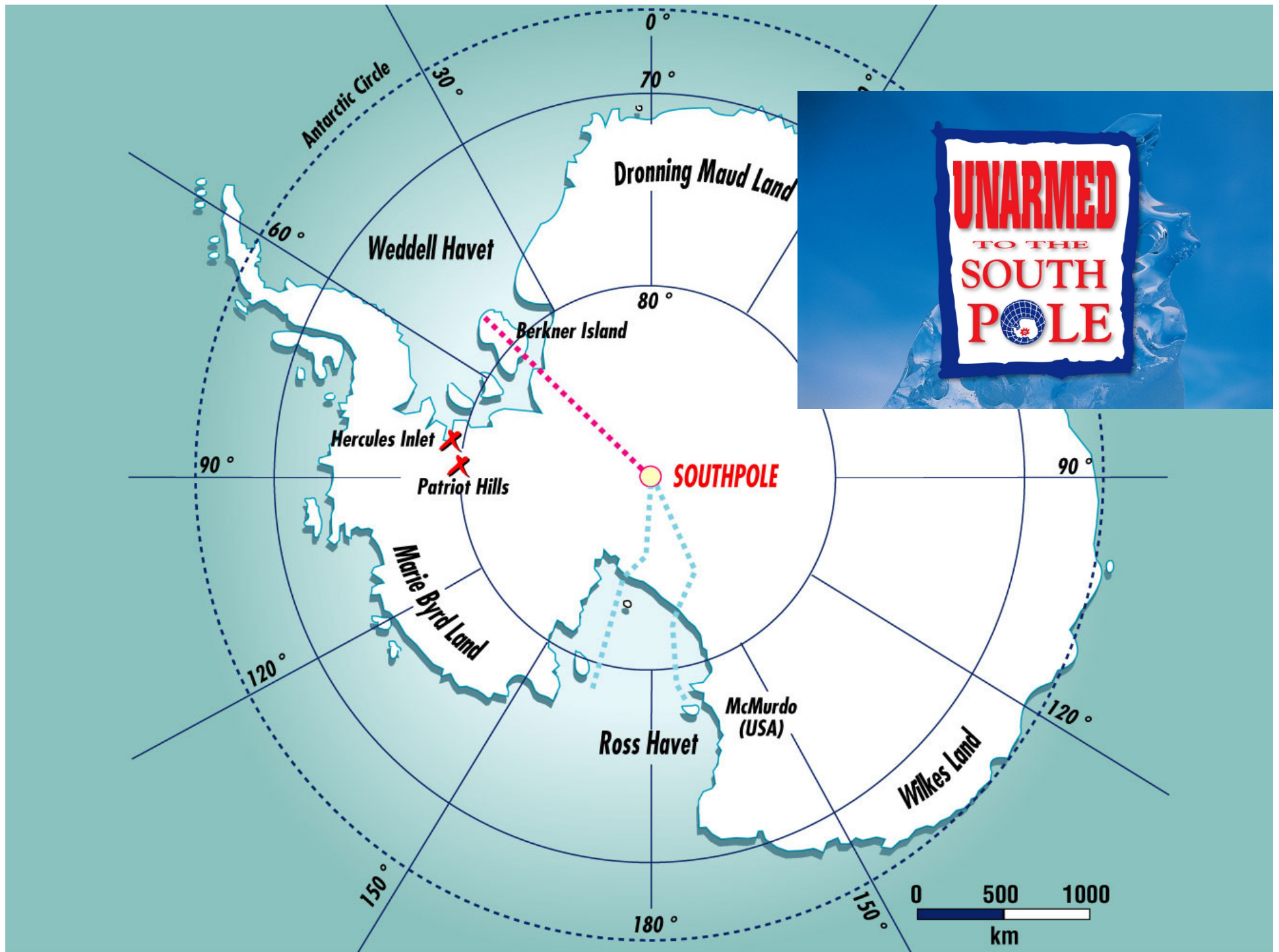
Terms for Performance

- Intention - Mission
- Talent from birth
- Qualities to achieve
- Criticism – criteria, expectation
- Respect – look after and once more
- Crisis – focus on intention - what to do



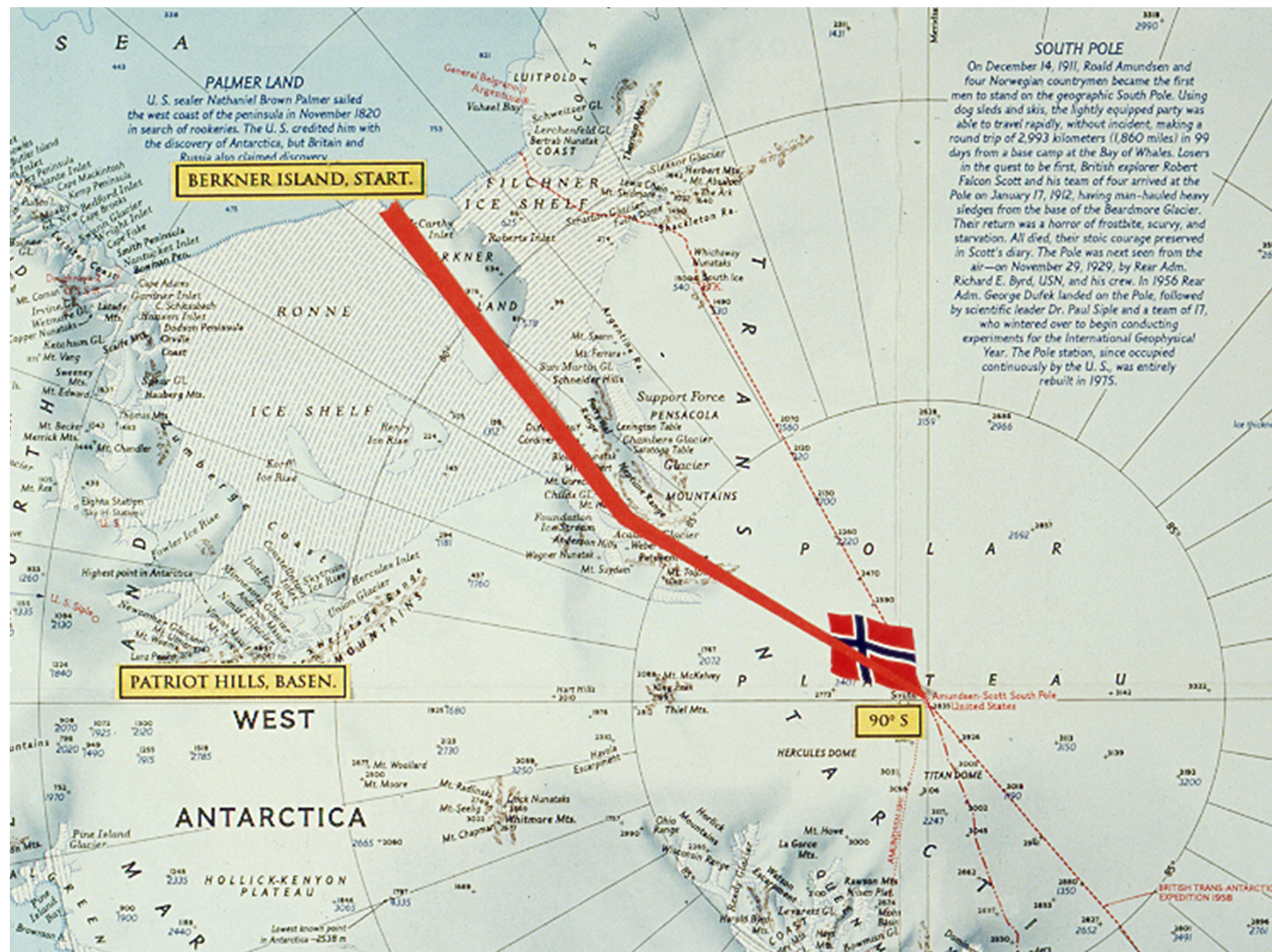
Mission

To fight for functionality in lives,
in a context where one joins with
others to change the social and
political realities of living






**This is a challenge for me,
and I intend to master it.**







**Awareness is focusing on
what you need to do,
then - do it.**



Distance: 1.400 km (870 miles)
Elevation: 3.000 meters (9.900 ft)
Duration: 56 days (80.640 minutes)
Degrees: From -30°C (-22.0°F) to -75°C (-103.0°F)
Sledge: 120 kg (265 lbs)
Nutrion: 7.000 kcal a day Weightloss 20 kg (44 lbs)





**Focus on what you have,
rather than what you lack**







**It depends on us –
also to develop
each other.**









**Take one step at a time.
Think it - and do it.**











**Negative thinking
creates limitations.**



**Positive thinking
open doors to
new opportunities.**











The background of the image is a monochromatic blue with a complex, wavy texture that resembles a topographical map or a close-up of water ripples. The lighting creates a sense of depth with various ridges and valleys. Centered horizontally and slightly above the vertical midpoint is the word "Impossible" in a white, classic serif typeface. The letters are well-spaced and clearly legible against the darker blue background.

Impossible



I'm p o s s i b l e

Sence of coherence

Expectation;

- if we think new situations are susceptible
- as to whether we think the situation is logical and predictable
- if we believe that the new situations are manageable

