

THE 30-DAY MERCY CLIMB

Day 1: Honest Ground

From the book Mountains, Monsters, and Mercy

by Ryan Castleberry

"The mountain doesn't care how fast you climb. It only cares that you don't stop."

This is Day 1 of a 30-day practice designed to help you rebuild momentum in your life. Not through grand gestures or heroic efforts, but through small, consistent actions that, over time, become who you are.

You don't need to be ready. You just need to start.

FREE RESOURCE

[RyanCastleberry.com](https://ryancastleberry.com)

THE CLIMBER'S OATH

Before you begin Day 1, read this aloud. Not because it's a magic formula, but because saying something out loud makes it harder to ignore.

I am not here because I am fixed.

I am here because I am willing.

I will not wait for motivation.

I will build momentum.

I will face what I have been avoiding.

I will name what I have been carrying.

I will extend mercy where I have been withholding it.

I will not climb perfectly.

I will climb honestly.

One step. One day. One breath at a time.

I am a climber. And today, I begin.

DAY 1: HONEST GROUND

THE CONCEPT

Day 1 is about one thing: looking at where you actually are. Not where you think you should be. Not where other people assume you are. Where you actually are, right now, today.

Most transformation programs start with goals. The Mercy Climb starts with honesty. Because you can't climb a mountain if you won't admit you're at the bottom.

YOUR DAY 1 PRACTICE

Today, you do **one intentional thing**. That's it. Choose one from the list below, or create your own. The only rule is that it must be honest and it must be on purpose.

- **Write three sentences** about how you actually feel today. Not how you want to feel. How you feel.
- **Take a 10-minute walk** with no phone, no music, no podcast. Just you and whatever comes up.
- **Sit in silence for 5 minutes.** Set a timer. Don't try to meditate. Just sit. Let whatever surfaces, surface.
- **Call or text someone** you've been meaning to reach out to. Doesn't matter what you say. Connection is the point.
- **Write down one thing** you've been avoiding. You don't have to fix it today. Just name it.

"Week One asks for just two intentional days. Today is one of them. You've already started by reading this page."

DAY 1 JOURNAL

PROMPT

Answer honestly. There are no wrong answers. Write as little or as much as you need.

1. Where am I, honestly, right now? (Emotionally, physically, relationally)

2. What am I carrying that I haven't told anyone about?

3. What's one thing I've been avoiding that I know matters?

4. If I could say one thing to myself without judgment, what would it be?

THE THREE-BREATH RESET

Before you close this page, do this. It takes 30 seconds.

Breath 1: Inhale for 4 counts.

Acknowledge where you are. No judgment.

Breath 2: Hold for 4 counts.

Accept that this is your starting point. It's enough.

Breath 3: Exhale for 6 counts.

Release one thing you've been gripping. Let it go for now.

WHAT'S NEXT

You just completed Day 1 of the 30-Day Mercy Climb. That's not nothing. That's everything.

Week 1 asks for just two intentional days. You've done one. Pick one more day this week and repeat: one intentional act, one journal entry, one three-breath reset.

CONTINUE THE CLIMB

Get the full book: *Mountains, Monsters, and Mercy* includes all 30 days of the Climb, plus 16 chapters of the raw, real story behind the framework.

Available on Amazon in Kindle, Paperback, and Hardcover.

Join the full 30-Day Mercy Climb program: Video lessons, guided journals, community support, and weekly live sessions with Ryan.

Learn more at [RyanCastleberry.com](https://ryanCastleberry.com)

"You don't have to be perfect to be worth something. You just have to keep climbing."

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If you are experiencing a mental health crisis, call or text 988.