"VALUES AND MOTIVATION PUTS YOUR RUNNING SHOES ON, GOALS TELL YOU WHERE YOU’RE RUNNING TO"

- What aspect of taking part in this event do you really value? e.g. To be an inspiration to others, to kickstart a healthier & active lifestyle, to support Healthy Minds and NHS Charities.

"Write your values down (phone, journal, whiteboard) and share with a friend or running partner."

WORK BACKWARDS FROM THE 5K, 10K, HALF MARATHON

CLEAR GOALS (DAILY)

- What are your daily, controllable processes that will build the small habit blocks up to the bigger event? e.g. Sorting running kit the night before an AM run, 1-2% distance or speed increments, 8hrs minimum sleep, daily nutritional fuelling.

"Clear goals are unique to each individual, and remember it’s not a disaster if we slip up from time to time."

STRETCH THE SMART GOALS PRINCIPLE

HIGH/HARD GOALS (0-6MONTHS)

- Targets aimed to stretch you, and that connect to your larger transformative purpose or value. E.g. Participating in 3+ endurance events this Summer - linked to higher value of living a healthy lifestyle.

"Build a weekly/monthly relationship with your guilt-reward system. Like flexibility as a physical fitness skill, grit is a mental fitness skill that can be developed over time and with consistent challenge(s)."

"STEPS ON THE LADDER VS BUMPS IN THE ROAD"

IDENTIFY YOUR GOAL ENABLERS AND BARRIERS

- Consider actions that will contribute towards goal attainment (completing 10km) e.g. Online yoga classes, mindfulness practices, encouraging support group, running coach.
- Actions that will inhibit goal attainment e.g. Unhealthy habits, limiting beliefs, procrastination.

GOAL SETTERS NEED PRESENT MOMENT FOCUS FUEL

- Kilometre counting and Strava successes serve a function. However, it’s important to remember the wellbeing benefits of running/exercise. Check in with your surroundings, your breath and physiological feedback mid-run.