



runnersmindset
POSITIVE RUNNING PROGRAM



Runners Mindset Positive Running Program

Workbook

Welcome to the workbook for our Runners Mindset positive running program.

We sincerely hope that you enjoy this program. It has been created with love and joy to make a difference to the way you think about yourself and your running. Although running is one of the most natural forms of movement and exercise we can do, the sport of running has come a long way from hunting animals and enjoying light hearted competition. The serious side of running has become a major focus, with many distractions and pressures to go along with it. We often like to remind our clients of the basic aspects of running, and the chance to commune and connect with nature that this brings.

This workbook gives you an opportunity to record ideas, action points, and inspirational moments from each day of the mindset activities this program contains. It can be surprising what magic can happen when you start to open your mind to positive thoughts! Each day we give you a tip of the day, along with some reminders of things that may have popped up during each session. Our wish is to have you complete this workbook for the complete program, and have a record of all that you have learned so that you can refer back to it whenever you wish. We look forward to hearing all about your positive experiences!

Do let us know what your experience of this program was like. Was there anything that we could have done differently, or could have included, that we didn't? We are certainly open to improving the efficacy of this program by listening and considering your constructive feedback. One of the ways is to leave comments for us on the Facebook page for activacuity - the link for this can be found in your program introduction e-mail.

We wish you happy running in these uncertain times. Stay safe and keep healthy.

Terry Chiplin
Program Creator
Estes Park, Colorado

Day 1 - Using the positive power of your imagination

Tip of the day - Whenever we ask clients to imagine a situation, we always recommend that you work on whatever idea comes into your mind first. We can often try and second guess ourselves, and then end up deflecting attention from where we really needed to be. Have fun exploring your imagination!

Session notes

Which amazing run did you work on?

What did you remember in terms of details that you could recall?

What was your memory of how you felt emotionally?

What made you choose this run?

All of these factors contributed to making this run amazing for you - think about how you could include as many of these as possible in future runs?

Day 2 - How to focus

Tip of the day - When you are working using your imagination, anything is possible. We encourage you to leave behind old destructive patterns of thinking, and start to be aware of the incredible positive power that you have at your fingertips.

Session notes

What thing did you choose to focus on?

What did you use as your focus tool?

What effect did changing your focus have?

What did you feel like to be in charge of your focus ?

What did you learn about your focus and how to make it even clearer and targeted in the future?

Day 3 - Your thoughts become things

Tip of the day - Make sure that the thoughts you empower are ones that support your desires - mental habits can propel your success, and also prepare you to handle setbacks and challenges.

Session notes

How would rate yourself, at this moment, as an observer of your thoughts?

What was effective for you to be able you to return to watching your thoughts?

How will this effect your thoughts going forward?

Day 4 - The importance of using positive words

Tip of the day - Most of us think that we always use positive words to describe ourselves, someone else, or a situation.

Try keeping a note in your workbook of the words that you typically use, and notice if you could make adjustments to make those words more positive, and accurate.

Session notes

What words do you usually use to describe yourself?

Could you be more positive about your words?

What words could you use instead?

What difference would this make to you if you chose more positive words instead?

Was there anything else that came in during this session that you will take with you?

Day 5 - How to deflect distractions

Tip of the day - Think about in which situations you find it easy to get distracted. Begin building habits that help you eliminate distractions and stay focused and on task. A great place to start is with your immediate environment. Make notes in your workbook on what you could change to help stay focused in these situations.

Session notes

What usually distracts you?

How did ignoring a distraction make you feel?

What would it mean to you once you have decided to be focused?

Day 6 - Gratitude is key

Tip of the day - When you're expressing gratitude, add the word "for" after your "thank you."

Expressing why you are grateful for something strengthens the experience both for you, and for the person or situation you are giving thanks for.

With gratitude to our friend Scott Colby for this tip.

Session notes

What three things are you grateful for?

What would your life be like without these things?

Are there additional ways you could express your gratitude for these wonderful things you do have in your life, over and above what you do already?

Day 7 - Liking yourself - you do have a choice

Tip of the day - If you struggle with finding things to like about yourself, try asking a few of your closest friends to share what they see as some of your strengths. Then return the favor. This will give you some insight into what makes you stand out, and is also true about you.

Session notes

What was the one thing that you like about yourself that you chose?

Were you able to turn up the brightness, color, size, etc.?

How did it feel to amplify this one thing?

What else could you do with this new attitude about yourself?

Day 8 - Developing the mind of a champion

Tip of the day - Do you record your training runs using a GPS, or maybe an app like Strava? Remember to record your qualitative factors as well. What were you thinking? What were you telling yourself about your body? How did your thoughts change if you got tired, if your body felt cold, or beaten down by the wind? By being aware of your internal metrics you can make changes to your mental processes.

Session notes

Who was it that you chose to admire?

Were you able to run a mile in their shoes? (Figuratively speaking!)

What did you learn from doing this?

What difference would it make to your running to adopt this new perspective?

Day 9 - Every breath is energy

Tip of the day - Try practicing deep breathing on a regular basis today, and every day from now on. Breathing more slowly, gently and deeply helps to calm and relax and can also reduce tension and anxiety and improve concentration and memory. It's also really good for our running to allow our breathing muscles to have a chance to work deeply.

Session notes

What did you think of when you gave thanks for your ability to breathe?

Were you able to focus on your breathing when you thought about your running, and how did that make you feel?

How deep into your body were you able to imagine your breath reaching?

When you gave thanks to your parents for giving you the gift of breathing, and life, how did that make you feel?

Day 10 - How to build your confidence

Tip of the day - What kind of questions do you ask yourself? If what comes to mind are things like: "How come I'm not successful?" or "Do people see me as a failure?"

Then shift the pattern of your thoughts, and ask yourself things like this instead: "Why shouldn't I accomplish everything I set my mind to?" or "Why would I waste my time on anxieties instead of focusing on my strengths?"

Session notes

Which run did you recall where you had evidence of progress?

Were you able to turn up the brightness, focus, size, etc.?

How did this impact the way you view yourself once you did?

Did you decide to keep a confidence journal?

Day 11 - Following your dreams

Tip of the day - The important ingredient for realizing your dream is hope. Hope is belief — belief in yourself and belief in the power of possibility. It can change the world. Hope manifests dreams; we often stumble when it comes to trying to keep things practical.

Session notes

Which unrealized dream did you think of?

What actions would you need to take in order to make this dream come true?

How would it feel to you if you made this dream reality?

Day 12 - You are amazing!

Tip of the day - There is no one else like you. You are the only version of you that there is on the planet. Even identical twins have differences! You are completely unique, and there will never be another person like you to walk this earth.

You are amazing, and deserve to think about yourself as amazing!

Session notes

Who did you think of that you compared yourself to?

What was the nature of your comparison?

Were there any differences in your comparison when you came from a perspective of accepting that you are completely unique?

How could this impact your relationship with this person?

Was there any other way that you would like to see or think of yourself that you are not doing currently?

Day 13 - Filling your emotional tank

Tip of the day - Our friends at the Positive Coaching Alliance share a magic ratio - optimal performance occurs when you receive about 5 pieces of positive feedback (tank fillers) to every 1 criticism (tank drainers). We encourage you to use this ratio for yourself, and see what a difference it makes to your emotional tank!

Session notes

What are your tank fillers?

How easy was it to follow the magic ration and what challenges did you find adopting this?

How did using the magic ratio leave you feeling?

Think about how adopting the magic ratio could impact your life and those around you?

Day 14 - Why play is important

Tip of the day - Play for adults is critical in our stressful go-go-go lives.

Including play has been shown to release endorphins, improve brain functionality, and stimulate creativity. And it can even help to keep us young and feeling energetic. Play can be an integral part of running, and life.

Session notes

What did you think of as your most important play feature in your running?

What would it mean to your running to incorporate this on a regular basis in your runs?

What action do you need to take to ensure you include this play feature in your running?

Are there any other play features you could also include that would make a difference to your running experience?

Day 15 - Choose your influencers

Tip of the day - Motivational speaker Jim Rohn famously said that we are the average of the five people we spend the most time with.

Make sure those five people are helping to support you move forwards, and not keep you where you are.

Session notes

Who has had the greatest positive influence on your running to date?

What was it, or is it, about them that made them a positive influence?

How did you decide you could thank for them for the positive influence they have been in your life?

Are there any other positive influences in your running that you would like to spend more time with, and how would that look once you had made that decision and taken the necessary action?

Day 16 - The power of acceptance

Tip of the day - Learning to practice acceptance means you have the opportunity to start to realize what you can control. This means accepting that you can't worry or change those things you have no control over. This is indeed a gift.

Session notes

What did you choose as a time when you struggled to accept something?

When was this?

Were you able to successfully change your attitude, and what made the key difference for you?

How did this make you feel?

Are there any other situations that came to mind where acceptance could make a difference to you?

Day 17 - Giving yourself a chance

Tip of the day - Approaching a situation with an open mind adds the possibility of magic happening. Having a closed mind means you will likely experience the situation very close to how you imagined it. Giving yourself a chance by using an open mind approach increases the chances of magic happening.

Session notes

Where did you choose you could give 1% more?

Once you made this decision, what difference did it make?

What effect would this have if you made the decision and took action to include this consistently?

Day 18 - Happiness

Tip of the day - There is evidence that happiness and positive moods can boost our immune system and protect our body; it's a smart strategy, just like washing your hands.

Session notes

What did you choose that always connects with your happy place?

What difference did you notice that being happy makes to your day?

What is the best way you chose to say thank you for this gift?

What would you need to do differently to be able to be happy on a more consistent basis.

Day 19 - New goals

Tip of the day - Goals are an opportunity to help you develop either your own potential or the potential of others - they are powerful juju!

Session notes

What did you choose as your top running goal that is possible if you had time?

What difference would it make to your running once you decided to act on making this goal a reality?

What mini goals would you need to include in your daily schedule to be able to realize this goal?

Are there any other goals that have become more important now that you have been putting off?

Day 20 - Focus on the process

Tip of the day - Arthur Ashe said: "Success is a journey, not a destination. The doing is often more important than the outcome."

Session notes

What did you recall as a time when the process on the way to your goal gave you an incredible learning experience?

Were you aware of the significance of how important the process was at the time, or upon reflection?

What difference did the process, your journey, make to you as a person?

If you focused more on the process in the future, what difference do you think this could make to your life?

Day 21 - How to amplify your many positives

Tip of the day - Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us....You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people will not feel insecure around you. (Marianne Williamson - A Return to Love).

Session notes

What did you think of as your unique talent that can help people to heal and develop their own talents?

What difference could this make to your own, and other people's lives, if you committed to taking action on this?

Were you able to amplify your gift, and to be able to see the change this could make to your ability to connect and help yourself and others?

What would your world look like once you made the decision to take that first step and start your journey?