MENTAL STRENGTH & MINDSET

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The following page is a Performance Journal that you can use to track your journey and work on your mindset throughout your training.

Every day you will do 3 things:
1. Answer the post-run questions. If it's your rest day, reflect on how you feel and where your mind wanders. Are you okay with a rest day? Are you anxious? Do you HAVE to run? Examine these thoughts and WHY they may be occurring.
2. Celebrate ONE win daily. Take steps forward, even if you take just one! Build a book of wins. What have you done before? What have you accomplished?
3. Write down five things you are grateful for each evening. These should be different each day. Think of the little things (how the light hits your office, the warmth of slippers, etc.).

POST RUN REFLECTIONS

Reflection after your runs helps you become a better athlete because it creates awareness, it helps you become more in tune with your body, and it highlights areas of opportunity.

Ask yourself these questions:
- What was the workout? How did it go? (be as objective as possible here-this is where your numbers go)
- How did I feel physically? Was I tired? Was anything sore? Did I feel strong?
- How did I feel mentally? Where were my thoughts? Did I feel confident? Was I motivated?
- Is this mindset helping me reach my goals?
- What about that workout am I proud of? What went well?
- What did I learn from today's workout?
- What changes would I make for next time?
- What will my objective be for my next workout? (ex. choosing a hilly route for my next long run to prepare me mentally & physically for a hilly race)

DAILY PERFORMANCE JOURNAL

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Write down your post-run reflections. (If today was a rest day, how did you feel? Where did your thoughts go?)

Today's Win:

Write down five things you are grateful for each evening. These should be different each day. Think of the little things (how the light hits your office, the warmth of slippers, etc.)