

Running Purpose Statement

To learn more about this process, visit atozrunning.com/get-vision

STEP 1: Brainstorm “WHY DO I RUN?”

Set a timer for 2 minutes. In the space below, write *everything* that comes to mind in response to the question “Why do I run?”

- Do not judge or evaluate ideas.
- Do not filter or prioritize ideas.
- Write everything!

STEP 2: Identify Central Themes

Review your list above. **Draw a box** around the big ideas or central themes. Think about cause and effect: which ideas are the more central causes that produce the other ideas? If you perceive a central theme connecting multiple ideas that is *not* already written down, add it above and draw a box around it.

STEP 3: Determine What is MOST Important

Given the central themes you identified, **draw a circle** around those central ideas that are most important to you. (This may be all of the central themes you identified, or it may be only one or two. It is up to you.)

STEP 4: Compose Your Running Purpose Statement

Synthesize the ideas that you circled previously into a single statement that clearly declares the most important reasons why you run. Write this as a single sentence. Use the following sentence starter:

I run because

Now list the rest of your responses to the question “Why do I run?” in the form of **hopes**. Use the sentence starter “I hope to...” for your list.

I hope to...



STEP 5: Daily Implications

In light of the above purpose statement, create a list of daily implications. Use the sentence starter “Today/this week I will...” These daily implications can be general (routines, guiding principles, etc.) or specific (because of today’s plans, etc.).

Use the attached **Daily/Weekly Goals Worksheet** to define daily implications of your running purpose statement. Print copies of the Daily/Weekly Goals worksheet as needed to continue to update (ex: if goals are specific to the day’s/week’s schedule).

STEP 6: Overcoming Obstacles

Based on your daily/weekly goals (implications of your running purpose statement), identify possible obstacles and solutions/strategies to overcome them. For obstacles, list anything *that you can influence or control* that gets in the way of those daily/weekly goals. Be precise. Next to each obstacle, brainstorm possible solutions or strategies to anticipate those obstacles and help prevent them. Be sure that solutions or strategies are actions you control and are able to take.

Use the attached **Daily/Weekly Goals Worksheet** to catalogue these obstacles and solutions.

Daily/Weekly Goals Worksheet

I run because

Today/this week I will...

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Overcoming Obstacles

<u>Obstacle</u>	<u>Solution/Strategy</u>