



Four Pillars for Success

We have found that no matter what area of life you're trying to improve, no matter what you are longing to accomplish, there are four things you need to put in place.

1. Take a stand for your goal or your passion!

Taking a stand sounds like an easy enough thing to do, doesn't it? But it's actually easier said than done. Two things get in the way of our taking a solid, strong stand for our deeply held goals.

The first thing is that **many of us don't really know WHY we want to do what we say we want to do**. Take training for a marathon, for example. We encounter people regularly who say they'd like to run a marathon at some point in their lives. Our question is always, "Why?" When we ask this, we aren't challenging the veracity of their desire, we are only asking them to dig deep and find the deepest possible reason for the longing. Do they want to run a marathon as an experiment? To see what they can get their bodies to do, given the right training? Do they want to lose weight? Do they want to prove something to someone else? None of these reasons is illegitimate, but knowing and owning the NEED behind the GOAL will help you take your stand and put the other three pillars in place.

Ask yourself this: If I accomplish my goal, what need of mine will be met? Here are some common, important human needs: significance, autonomy, adventure, creativity, to be seen and known, to feel powerful in your world. For a complete list of human needs take a look at the needs inventory from the Center for Non-Violent Communication.

<https://www.cnvc.org/training/resource/needs-inventory>

The second thing you'll need to do to in order to really take a stand for your running goal (or any goal you'd like to achieve) is to change your relationship with your inner critic. Most of us have a fundamental misunderstanding about the "inner critic," or the inner voices that sabotage us when we set goals or make resolutions. We hear people talking about kicking the critic to the



curb, telling the critic to go to hell, or in some other way treating the inner critic with violence. The problem with these approaches to dealing with the inner voices of sabotage is that those parts of us ARE parts of us. And anytime you are critical or mean toward some part of YOU, all you do is further perpetuate the meanness that is stopping you from really thriving.

2. Skill Up

One thing that often stops us from fulfilling a goal or starting a new positive habit is simply lack of knowledge. If you want to get healthy, lose weight, train for a race, or address high cholesterol but you don't have the facts or the skills to make the changes you know you need to make, you'll likely NOT reach your goal. We must have basic knowledge needed in the arena we seek to conquer, right? And we must practice the basic skills needed in that arena to avoid stoppages (like injury) from occurring.

Check this out: Coach Carol Frazey has a Youtube channel to support you on your running journey. Watch this first and then see what else she has to offer in terms of proper running form, stretches, and general advice to make sure you're running as skillfully as possible.

<https://youtu.be/kRrdQJnQG4>

3. Garner Support and Accountability

Support and accountability are not EXACTLY the same thing, but they are related. Check out the chart below. Knowing who is, and who is not, in your support and/or accountability system will help you achieve your goals. We do need the people who SIMPLY support us with regard our dreams/goals. These are our cheerleaders. They may be friends or partners or co-workers who can give us emotional warmth when we struggle. But the people who can REALLY help us reach our goals are those with the unique combination of that warmth (they truly understand our yearnings and our struggles) AND the ability and commitment to hold us accountable. These high support/high accountability people—be they coaches, running club members, or workout partners—need to be able to keep us on our targets. We must have AT LEAST ONE person who



can function as the person we report to. And they must provide this accountability with depth of understanding about how hard the journey is.

Who is this person for you? If you don't have such a person, hire one if you must, but get one!!!

LOW (-) ACCOUNTABILITY HIGH (+)

HIGH (+)
SUPPORT
LOW (-)

<p>High Support/Low Accountability (Cheerleaders)</p> <p>These people cheer for you but don't care if you meet your goals. This is your best pal who applauds your diet but is happy to buy you ice cream the first time you have a craving.</p>	<p>High Support/ High Accountability (Coaches)</p> <p>These people cheer for you BUT will also keep you on point when you need them to. This is your neighbor who thinks you're awesome.</p>
<p>Low Support/ Low Accountability (Saboteurs)</p> <p>These are your hecklers and saboteurs. They are possibly jealous of your pursuit, or they may be individuals who fear how your success might affect them.</p>	<p>Low Support/ High Accountability (Audience Members)</p> <p>These people are those who do not know you well but constantly ask about your progress. This can be a blog audience or readership, people in a club you belong to, or casual acquaintances. They are not in the position to offer genuine support, but you owe them reports.</p>



4. Create Structure

Structure is CRUCIAL to successful completion of a goal. In the case of training for a race, there are two areas of structure you need to address: Structuring your TIME and structuring your WORKOUTS.

In terms of time, we recommend this piece of advice above all else: **Get your workouts ON YOUR CALENDAR.** What is on the calendar is sacred; what is not on the calendar is optional.

And what should you put ON the calendar? Find a training plan that builds you incrementally from where you ARE to where you want to go in a reasonable progression over a reasonable period of time. Remember SMART goals—Specific, Measurable, Attainable, Relevant (to bigger philosophies and needs), and Time sensitive. Your training plan, whether you get one from us or from some other program or app, should represent the structure of a SMART goal for YOU and what you are aiming for.

In conclusion, we want you to know we're on your team! You CAN reach your fitness/running/health goals, but you absolutely MUST put the Four Pillars of Successful Completion in place. Reach out to us if you have questions. And in the meantime...

Run, Goddess! Run!!!