



4 Pillar Check List

- ✓ My run was therapeutic
- ✓ I felt better when I returned from my run than I did when I left
- ✓ My mind was clear and free after my run
- ✓ My run was within my current capabilities and supported growth and improvement

- ✓ My run was experiential
- ✓ I enjoyed the environment and connected with my run today
- ✓ My overall experience was positive today
- ✓ I reveled in nature today on my run

- ✓ My run was custom
- ✓ I met my needs today
- ✓ I listened to my body today

- ✓ My run was communal
- ✓ I became a better person today for showing up for myself
- ✓ I connected with something larger than myself today on my run
- ✓ My run had a positive impact on someone other than myself