



Running Commitment Worksheet

Now that you have a better understanding of your Outer Game, Inner Game and Pillars, you can start to feel the joy and excitement starting to bubble up. As you re-commit to your running program, you want to arm yourself with your former excuses and be able to ward them off the minute they enter your mind.

List your top 20 excuses (or more) to NOT go for a run and pair it with a reason why that excuse is not valid:

Ex. It's raining out >>> I have kick ass rain gear

Ex. I don't have time >>> I have time for all of the things I choose to make time for

Excuse:	Why it's not valid:



None of us live alone on an island and you may need help from someone or a whole village to stay dedicated and consistent. Who will be your support system as you get started? Name them (I recommend 3-5 people) in the box below and put a check mark next to their name after you have a conversation with them about being your support buddy:

The next step to fully committing is to determine your big WHY. What will you gain from engaging in a consistent running program now? What benefits will it bring to your life? What do you look forward to? Fill the box below with your WHY(s):