

RESET!

Spirit·Mind·Body



Celebrate:

Goals + Accountability = Success

By Jennifer Hockensmith, Executive Director,
Bob Hoffman Dover Branch YMCA

In running, you can compete against others, but the biggest challenge is competing against yourself. Some say that running is 90% mental and most days I would agree. Pushing yourself beyond your comfort zone. Getting it in your head that you can accomplish the goals you set out to do. My best friend and partner in life frequently reminds me that you can do anything for two minutes - pushing me to run at a faster pace, to run that extra quarter of a mile, to maintain my effort running up that big hill, that I can do it. It's amazing what your brain can convince your body to do, even when your legs feel like logs stuck in mud.

Paavo Nurmi (a.k.a. The Flying Finn, a Finnish long distance runner who captured nine gold medals and three silvers in the 1920, 1924 & 1928 Olympic Games) said "Mind is everything. Muscle, pieces of rubber. All that I am, I am because of my mind." Your mind plays a powerful role in the achievement of your goals, regardless of your ability level. Determining your goal is the first step. What do you want to accomplish? Now that you have your goal, convince yourself that you can achieve it. Wake up every day and set your intention(s). I will complete 30 minutes of activity. I am capable of doing 20 push-ups. I intend to do my best to achieve my goals. I will drink enough water today. Be accountable to yourself and the thousands of others in this challenge. Use your weekly tracker to help push you in achieving your goals. Share your achievements with others. Be proud of what you have convinced your mind (and body) to do.