

Introduction to all 7 Pillars

- 1) Fun Passion
- 2) Gratitude Feedback
- 3) Love Significance
- 4) Generosity Law of Attraction
- 5) Patience Challenge
- 6) Flexibility Strength
- 7) Outcome Goal

Close your eyes and take a few seconds to think about the two words Fun and Passion [pause]. Your awareness and association with these words will differ from mine and everyone else's. The majority of you probably spent the time trying to connect the words together, trying to figure out the common link between them. While attempting this I'm sure the hardest part was deciding which word to lead with. 'Did I have Passionate Fun? Or, 'was my Passion a Fun experience?' If you got past deciding this then you had to come up with a scenario from your experiences to connect the words together. At this stage, this could be considered hard work! Some of you may have got stuck and started over again and some might be frustrated by being unable to sync the words together.

Ok – time out! Firstly, I want to apologise. There is no intended link between the words. They were not put on the same Pillar with that purpose in mind. That holds true for ALL of the Pillars. But your brain, whether you were aware of it or not, was trying to connect the two words, even without any prompt to do as much. So rather than allow this to happen, pass you by and leave you wondering, I induced it on purpose. There is no direct connection between the words sharing a Pillar although I do cross-reference them. However, should they connect for you – that's quite alright.

Before attending an Outcomerun event, prepare your thoughts relating to ALL the 7 Pillars in advance, after you have read and done the exercises for each. For example, decide what Fun or Passion from Pillar 1 (whichever word you choose – I suggest you choose one, as you have 6 others to remember) will mean to you when you see the word out on the running course. You will pass six large banners displaying both words at particular points depending on the distance of the event. The seventh Pillar Goal/Outcome is the finishing line.

The last thing I wish to bring to your attention is, like anything in life, if you don't put an effort into it you may not get anything back. There are exercises to do for each Pillar and they are easy to gloss over. One thing in Coaching that I continually point out to my clients is that you have choices. Naturally you can skip the exercises. My advice is to do them. I want you for a moment to imagine you paid €1,000 for this material...[pause]. You had to make big sacrifices to accumulate that money. Many, many hours of hard work. Does that change your perspective? Will you now get the maximum out of the Outcomerun experience? I imagine you will.

Good luck with it.

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