

The 7 Pillars of Outcomerun© - Positivity gives you the Edge



1) Fun Passion

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

Hello. Welcome to Pillar 1 Fun and Passion from the Outcomerun© - Positivity gives you the Edge collection. **Safety first** - before we go any further - I highly recommend a visit to your doctor if you been inactive for a prolonged period of time.

Two questions that often crop up in my Life Coaching sessions include what do you do for Fun and what are you Passionate about? The answers don't always overlap but sometimes they do. Running has overlapped in the past as a common denominator for both. Let's assume they don't for the sake of dissecting both in isolation.

Fun

It's a simple question - 'what do you do for Fun?' But it trips up a lot people. The logical left brain doesn't quite know how to handle it. Ask a child and they can give you multiple replies. Meanwhile the Life Coaching client is struggling and eventually the old stalwarts such as cinema, eating out and concerts get mentioned. It's a start, but sometimes said very unconvincingly. Sounds like they are giving you a list from their old dating days... When pushed on it, some stay silent. Do the following exercises to see how you fare on Fun.

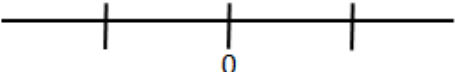
Fun

Stage 1

Define what Fun means to you presently _____

Stage 2

Put a tick to the side of zero that most represents your present situation

Having my kinda Fun  Having other people's Fun

Populate the five boxes with examples but at least 3 of the 5 should be with your kinda Fun.

Running (get you started)				
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Outcome Question What do you need to change to have more of your kinda Fun?

If you are not getting enough of 'your kinda Fun', that can lead to frustration and boredom. And maybe even resentment. Fun is core to our being. Do you believe you stopped playing with toys after your shoe size matched your age? Take your smartphone out of your pocket and guess again! Go to a child's playroom and stop yourself picking something up. Open a big household catalogue book and try skip over the toy section. I dare you! We never really lose our Fun streak, we just suppress it.

Advertisers know this and try to appeal to our Fun side with humorous ads to get our attention. Humour, however, like Fun is subjective. That is important to remember. Thankfully we are all unique otherwise this world would be a very boring place.

Your kind of Fun is very important to you because YOU are important. This isn't a permission slip to go around beating your chest saying 'my Fun, my Fun only!' You have freedom of choice to create any kind of Fun you like and execute it.

Ah, the joys of once being single... Yes – it is more straight-forward when your consideration is just for one. Often, however, other people have to be taken into consideration. There will be, naturally enough, times when you may have to 'fall in' and be a team player. There are other times when it is better to decline than feel pressurised. Unless you are a brilliant actor, your demeanour will give you away. Be assertive but not demanding for 'your kinda Fun'.

Passion

What are you Passionate about? The question of Passion can also be a tricky one for people to pinpoint during Coaching sessions. Some people, when you direct them onto a subject they are interested in, exude Passion. It can take a bit of coaxing and it can be difficult for them to express. Much the same way some sports people let their efforts on the field do the talking. Ask them after the game about their Passion and they can't put it into words. Passion is not an intangible force however. Passion stirs up emotions inside us which are displayed as feelings on our faces and body language for all to read. Just like a simple smile shows we are having Fun.

It seems the older we get the more we settle into routines or ruts. We do the same things day in and day out and we wonder why we are bored! There can be very little Passion in this. Boredom does not give you the Edge. The sad truth about this is many have resigned themselves to this way of existing. Then, they do nothing about it except complain or focus their energies on the salvation of the weekend. So let's narrow the question to: when is the last time you did something you are Passionate about over the weekend? Think about it. I bet the weekend has its equal measure of standard routines. This realisation that you are habituating and not living to the full, will either take the wind out of your sails or you'll be thinking about all the responsibilities you have to balance - how hard you need to work for your dependents etc. Indeed, that might be your reality.

The reality of everyday life responsibilities might be very justifiable, but unless YOU decide to change things, nothing will change. So how can you bring more Passion to your life? Check back over the things you enjoy doing, past and present. Or examine the things that you always yearned to do but never did. Is the flame still burning? If it is – go and do it. There will never be a perfect time to try it, so why not now! Look around and see what interests you. Look around and see what annoys you! Both sides of the spectrum can fire up your Passion. Do you feel something lighting up inside you? Nurture it and give it a go. Bring back your innate childhood curiosities. Fill in the exercises below.

Stage 2 and Outcome Question are flexible to be past or present. Work from the present back.

Passion

Stage 1

Are you excited about your life and turned on by the things you do **DAILY**?

On a scale of 1 - 10. Ten being Excellent. Circle 1 2 3 4 5 6 7 8 9 10

Stage 2

What are the 3 main things that you were/are Passionate about?

A	_____	_____
B	_____	_____
C	_____	_____

If Passion were a gear box (1-5) in a car – what gear were/are you in for A,B,C?
(Fill in a number in the grey box opposite each)

Outcome Question(s) Write down how you felt/feel while doing A,B & C?

- 1) Can this feeling of Passion be transferred into areas of your **DAILY** life?
 - 2) Can a new Passion with the same feelings be integrated into your **DAILY** life?
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The position of Fun and Passion at the beginning of Outcomerun is no accident. At the start you are fresh and having Fun but there may also be an underlying Passion to beat your PB (personal best) time. Running is a mind game as well as a physical endeavour. At this point in the early stages you have more energy to give. So you could have a chat with someone beside you etc. The first pillar of Fun and Passion sets a Positive intention both in the race and in life. I like the expression in Irish 'Tus maith leath na hoibre'. Translates to – a good start is half the work. There are no room for negative thoughts if you remind yourself of all the Fun and Passion in your life. Negative thoughts slow you down – Positive thoughts speed you up.

Focus on one or both of these words as you move onto Pillar 2 in the race/life: Gratitude and Feedback

These are snapshots from the Outcomerun book. Take yourself on the complete and comprehensive journey to greater Positivity by purchasing the Outcomerun book or attending an Outcomerun Seminar.

The full version of the Outcomerun App is the ultimate training partner to compliment and record your training routes and give you the 7 motivational messages from each Pillar while you train.

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