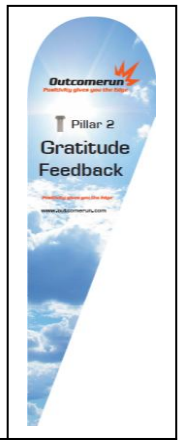
# The 7 Pillars of Outcomerun© - Positivity gives you the Edge




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 2 Gratitude and Feedback 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.

---

**Gratitude**

The term an 'Attitude of Gratitude' can be quickly dismissed as too quirky to have any substance. Besides the fact that both words rhyme, can there be something more 'meaty' in this memorable little chant? Let's look at the two words in isolation. Attitude - it outwardly communicates what is going on inside you. What you say, how you project it and your actions can demonstrate either a winning Attitude or a crap Attitude.

The headline grabbing word however is Gratitude. This is not as easy to spot perhaps because it is not as transparent as an Attitude. In fact Gratitude is an expression of your Attitude. It can be expressed with a simple 'thank you' or the quiet appreciation for what's happening in your life.

JFK summed it up nicely: 'As we express our Gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.' **John F. Kennedy.**

Some people feel they have been dealt a bad hand. And as a result their focus is on what they don't have rather than what they do have. This postpones their present happiness because they will only be content when they have X,Y,Z in the future. Perhaps the future may not provide the X,Y,Z so all that channelled energy could be wasted... This may lead to resentment. So I suggest you take a break from this thought process, especially if it is not serving you. Change your focus onto what you do have and what you really need.

Ultimately we only really borrow things. If we really owned them they would be ours in both life and death. We all know that isn't the case. A change in Attitude like this can open new unchartered and revealing perspectives on life.

There are so many things to be Grateful for that we take for granted. Being able to run is something to be Grateful for. Having good health is something to be Grateful for. Clean air to run in, parks to run around and running groups to join to name a few more. Have you ever stopped to consider how fortunate you actually are? The short answer for most people is 'no, I didn't'. Next time you are out running or listening to the 'negative voices' in a race do this: start telling yourself how lucky you are to be here, doing this, and when you cross the finish line be content that you did your best. If the race didn't go your way – take the Positives from it. Blaze an Attitude of Gratitude both in running and life and it will definitely lighten your step.

# Gratitude

**Stage 1**

Do you have an Attitude of Gratitude? Yes / No
What can you do to improve your levels of Gratitude and with whom?

_____

_____

---

**Stage 2**

How do you feel when someone neglects to show Gratitude towards you?

_____

_____

Now that you are aware of your own feelings – you are responsible to extend Gratitude towards others. Do you agree? Yes / No

---

**Outcome Question**
How motivated are you to become more Grateful for what you have?
On a scale of 1 -10. Ten being Excellent. Circle 1 2 3 4 5 6 7 8 9 10

**Feedback**

Feedback can be related to Gratitude when you ask yourself the question: do I practice Gratitude? In fact it is a good idea to Feedback on all the Pillars to benchmark how you are doing. Without a doubt you will excel in some of the Pillars and have mixed results in others. The results from some of the Pillars may surprise you initially but they only serve to give you helpful Feedback. In Neuro Lingustic Programming (aka NLP) they say that there is no such thing as failure, only results. And these can be used as helpful corrections or an opportunity to learn something more about yourself you had not yet noticed. Feedback is only useful if you actually do something with it. Sitting on the fence and procrastinating will not teach you anything.

'Insanity is doing the same thing over and over again and expecting different results.' **Albert Einstein**

For Feedback to be effective you have to try new things. And this can involve anything from changing your training patterns to challenging yourself to break your PB in a race. In work many of us are continually accessed. It is common practice. Feedback in work generally begins with a Positive followed by giving the area(s) of improvements in the middle and then finishing with the Positive. With yourself you can employ the same system. Feedback keeps the Goal in view! When dealing with Feedback it has to be based on facts and honesty. Plus you have to accept that you are responsible for your actions. This goes back to your Attitude. Catch yourself the next time you find yourself blaming others. Check inwards first. Start at the source.

Nobody really knows what you are thinking, so Feedback when necessary to others in the same constructive manner you now do with yourself. Feedback where you are now in relation to the following areas:

# Feedback

Date_____

**Rainbow Life Test®**

On a scale of 1 -10. Ten being Excellent. Where are you now with:-

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| **1/ Peace of mind** | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| **2/ Health and Energy** | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| **3/ Family/Relationships** | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| **4/ Financial Freedom** | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| **5/ Achieving a Challenging Goal** | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| **6/ Associating with Positive people** | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| **7/ Overall Happiness** | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

Feedback can also be a live internal stream during a race. Feedback in a race is an intuitive way to listen to your body. Every few kms / miles ask yourself how are you feeling? Start top down with the head: Am I cheering myself on or letting negativity take root? Are my shoulders relaxed? Shuffle them up and down. How is my breathing... fluid and in control? Stomach? How are my legs, hips, knees, ankles and feet? Identify these individual areas of your body and Feedback to yourself. If all's good then tell yourself that 'I feel great. I'm strong. I'm Grateful for my health and abilities'. If nothing else it will distract you for a minute while you run. Do this several times during a race or training. A lot of the time in training, it can be the head that gives up first. If everything is working perfectly feed this back to yourself and acknowledge it with Gratitude.

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.

Copyright © – 2013 Ryano Event Management Ltd
All rights reserved. No part of this publication may be reproduced or transmitted without the prior permission in writing to the author.