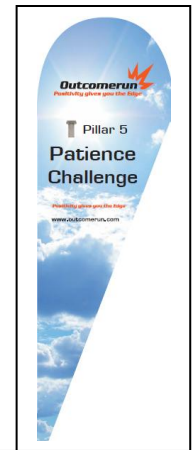


The 7 Pillars of Outcomerun© - Positivity gives you the Edge

- 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 5 Patience and Challenge 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.

Patience

In all religions Patience is seen collectively as a very virtuous characteristic. Endure whatever it is and you will be rewarded. For the atheists the Gospel according to Axel Rose is equally compelling. He sings that 'all we need is just a little Patience'. So it appears by this collective wisdom that Patience is a good attribute to have. Maybe because of the religious associations Patience can be viewed as a form of sacrifice/penance. Example: 'I had to wait at the hospital to be seen even though I'm sick. It was unfair because I was there before many other people. But if I didn't wait someone worse off than me could have died'. That is a fair assessment but it may not be how you are feeling at the time, in a waiting room, especially since you are not at your best. Most people are Patient to a point. The true test is - are you Patient when you are not at your best? That is a completely different circumstance which takes it up a level. That's when Patience becomes a real Challenge.

It is a Challenge to be Patient when things are not going to plan. In a race there could be people getting in your way at a water station, slowing you down. How many times have I heard people shouting at helpers to 'hurry up' and much much worse. There are only two losers here: You because you now have to continue running with this negative scene in your head and the Helper because they may take what you said personally. Take a step back from the situation, put things into perspective and engage what you have already learned from the other 4 Pillars. Consider Gratitude – they are here to help me and many others. They have a tough job and are doing their best. Feedback – yes you can make your point without being confrontational. For sure Passion can cause this awkward exchange at the water station but the Challenge is to be Patient. Let's not lose sight of what we are aiming to learn here. Fun – is it life or death that you lost a few seconds? Any situation, when things don't quite go your way, is the perfect platform to practice Patience. Embrace the situation and put some perspective on it immediately before allowing impatience to kick in.

If you are new to running or were once very fit and let it slide over a few years it is important that you build up your stamina slowly. Often we try to recreate past glories too fast and the net result can bring on injury and frustration. Each year the body is getting older and therefore we have to listen and respect its current tempo. The slow or fast twitch fibers in your legs will remember what to do. Just be Patient and give them the necessary time to adjust. Believe that you will get there and ignore any self-limiting beliefs. You will succeed and achieve your Goals in good time.

Patience

Circle most appropriate answer:

I am a Patient person

Strongly Disagree Disagree Neutral Agree Strongly Agree

Having perspective on a situation can reduce stress, anxiety, tension which comes from feeling out of control or not in control of some important part of your life.

Strongly Disagree Disagree Neutral Agree Strongly Agree

Self-limiting beliefs or labels we give ourselves are normally subjective and not based on fact just an impression you have taken in and accepted as true.

Strongly Disagree Disagree Neutral Agree Strongly Agree

Fear of success or failure can cause us to settle for less than we are capable of, causing negative emotions and unhappiness

Strongly Disagree Disagree Neutral Agree Strongly Agree

Outcome Question Write a paragraph of a past experience where you were impatient and describe how you could have reacted differently to get a better Outcome

Challenge

The middle word between Patience and Challenge is Perspective. Patience – Perspective – Challenge. Things will not always go smoothly in life. Sometimes we bring these things upon ourselves and sometimes they can be external (like the water station example). Human error is all around us and will continue. We make mistakes ourselves. If you've never made a mistake, you've never take a chance. Ask yourself the question: has shouting or being rude to yourself ever improved a situation? For the majority the answer will be 'no'. Did it make you feel better afterwards? 'Well, I certainly gave myself a good telling off. I'm glad I did it!' Hardly. This only causes a negative loop pattern. The net effect is that you play it over and over in your head and YOU lose as a result.

Running offers so many Challenges and is relative to your fitness levels. Someone's novice 5km run can be as difficult as the first marathon to another. I've heard people making apologies for what they have done "sure, it is only a short run". That short run is your Challenge. Embrace it, enjoy it and be proud of it! It is your journey towards a more Positive and active You. The longer races will come if you are willing to pay the price and train for them. Promotion will come in work if you are willing to work that bit extra for it. Embrace all your Challenges one at a time and never undersell your achievements. Your Goals – your life.

Outcomerun – Positivity gives you the Edge is all about outlining a Positive mindset to avoid these negative patterns by making you aware of them both in work and in life. Carrying the drama from the water station will slow you down. Maybe you didn't get water because you wouldn't wait. This might affect your race. Now you are in a blame loop. 'It is their fault I'm dehydrated - not mine. Now my race is ruined as a result'. What's the net result in the present moment? You are slowing down because you are dehydrated, and the more this happens, the greater the focus on the negative drama. You are giving yourself an excuse not to do your best. Some may say rightly so. It was not your fault. But can you now rise up to meet this unforeseen Challenge? You are facing some adversity, yes. Can you be the bigger person and show some Passion towards what you want to achieve? Pick your own side on this – we still live in a world of choices.

Here is where Perspective isn't always easy to swallow. We are responsible for our own actions. Responsible for how we react to a situation, the feelings we have and how we relate to them. This is the biggest Challenge of all to accept. It takes a lot of Patience to get to this point BUT how much better will your life be if you can master this. The first step begins with awareness. You, by reading this are now more aware, so you have a responsibility towards yourself to implement it into your life. Catch yourself before it happens. Be mindful. Be Patient. See it as a Challenge – just like a race.

Challenge

Stage 1

Were you aware that you are responsible for your own actions/thoughts/emotions?

Yes / No

Now that you know this, are you willing to take responsibility for your actions and reactions?

Yes / No

Stage 2

Tick the box when you succeed with a Positive engagement by taking responsibility when dealing with the following people:

Family	Friends	Workmates	Strangers	Partner

Outcome Question(s) How did it feel to take responsibility for the Outcome in **Stage 2**?

Write a small paragraph to describe how it changed the Outcome _____

Exercises adjusted from Book to suit summary text

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.