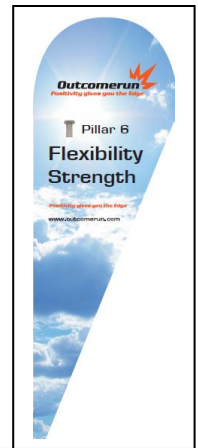


The 7 Pillars of Outcomerun© - Positivity gives you the Edge

- 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 6 Flexibility and Strength 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.

Flexibility

Flexibility is useful for looking at how we currently see the world and then changing it to a more Positive slant for our benefit. I did this, years ago when I found myself running 7 marathons in 6 days. Firstly, I was Flexible with my thought process. I never thought of it as being 7 marathons in 6 days. I thought of it as running 6 days in a row. It's still the same amount of running but it sounds easier. Then I broke it down by distance from one pit stop to the next. As the days rolled on and I became more fatigued I broke it down by locks (I was running along the side paths of a canal). On the last day I was running from tree to tree. Each time I reached any of these positions I always congratulated myself and reminded myself how well I was doing. I basically towed myself around the course from one point to the next. I made 7 marathons in 6 days into a series of runs. Every time I finished one section I was that bit closer to my Goal.

In running one might say – I'll never beat my PB (personal best time). For sure you won't if you keep telling yourself this. Change your focus and try new methods. Every training session you do should have a specific Goal / Challenge. Example: I need to increase my distance or do some Strength work etc. This is a micro Goal that is part of your bigger Goal. Training plans like business plans are a useful tool but they don't always serve your needs if circumstances change. Flexibility can be key towards achieving your Goal. This rings true especially if you are trying something for the first time. Imagine you are taking on the marathon or launching a new product in a company. Rarely do things go perfect from start to finish so it is important that you can be Flexible rather than robotic in your approach. Most of us are not professional athletes! So we have to be Flexible when it comes to training. Work, family and other commitments have to be factored in. Being Flexible is not an excuse to hold back. Being Flexible is about using your Strengths to the best of your ability and looking at your choices.

Right throughout the 7 Pillars I've repeatedly mentioned that you have choices. The more choices you have in life, the greater the chance you have of being successful. But we must identify these choices first to have them. They exist. The question is - are you willing to seek out all your options or simply remain 'stuck' as the case might be? Many of my clients find themselves stuck. They have convinced themselves they have no choice. They become so focused on the problem they don't think laterally. That is where Life Coaching can be so beneficial. It opens up your thinking patterns and allows you to safely explore new territory that you might not have considered before.

Flexibility

Stage 1

Become more aware of your choices. When faced with a decision write down your choices and critique them.

Choice 1 _____ : Pros _____ vs Cons _____
Choice 2 _____ : Pros _____ vs Cons _____ etc.

Stage 2

Then once you make your choice take it through the S.M.A.R.T. principle

Specific _____
Measurable _____
Agreed _____
Realistic _____
Time _____

Outcome Question Stage 1 and Stage 2 have cross over and encourage you to look past the problem to become solution based early on. Try this on a current obstacle and feel confident that you reached the best conclusion based on what you know now.

Strength

Having a fortress of mental Strength is a wonderful tool to have at your disposal. You can call on it in times of trouble. That can be a great source of Strength simply knowing this. Many of us strive to build this Strength of mind but stress and fear can take away from our efforts to build up our resistance.

Fear, anger, doubt, guilt, resentment and worry are the primary negative emotions that generally knock us back. No matter what stage we are at on our journey in life, these guys will always be present. If all your emotions were put on a single Pie chart, they would also feature as wedges. The question is how much space on the Pie chart would they command for you? Naturally we want them to have as little as possible and Positivity to dominate – but first it is important to acknowledge that they will always be on your Pie chart. The more time you give to the negative emotions, the more space they will take up in your mind. You will reap what you sow...

It takes Strength to overcome your fears and it takes time. Did you ever hear of people getting super human Strength to lift a car or rock off someone to save their lives? In a flash they do something that is beyond what is normally considered humanly possible. It is known as 'hysterical Strength' and it is within us all to call on this resource mainly in life or death situations. Most of us, thankfully, will never have to summon this resource. But what it does tell us is that the body is stronger than we might imagine and there are further depths we can tap into when called upon. A lot of this relates to 'fight or flight'. We are programmed to hold some level of energy from the days of the caveman when a saber toothed tiger might make a lunge at him. So, considering the threat of a tiger attack is minimal nowadays, let's examine where we might now use this energy.

Take note that Strength is not just confined to physicality. Mental toughness grows and becomes stronger the more it is used just like the fibers in your muscles become stronger the more you work out. Similarly it needs to be tested regularly to keep it sharp.

Strength

Stage 1

Give an example of the last time you had to engage mental toughness? _____
Describe how it tested you and how you ended up with the result _____

Were you glad you persevered? Yes / No

Stage 2

What % of total thought space are you devoting to the Primary Negative Emotions versus Positive emotions NOW? Put in the date __/__/__

Currently: Primary Negative Emotions __ % Positive Emotions __ % = Total 100%

Outcome Question Pick one of the Primary Negative emotions and work at reducing its influence on you. When you are satisfied that you have made an impact fill in the revised % in (below). Keep changing this as you progress to track your Positive development.

Work in Progress: Primary Negative Emotions __ % Positive Emotions __ % = Total 100%

Exercises adjusted from Book to suit summary text

Here is an analogy of what we have learned so far in a race situation. Use your energy wisely while you are having Fun at the beginning to make up time. Keep the Passion going for that Goal you have set yourself. Remember this is what you Love doing and it makes you feel Significant to be here competing. Also not losing sight of how Grateful you are to be here as you keep giving yourself positive Feedback for the duration of your Challenge. But you must be Patient and Flexible to play to your Strengths. Combining all of these leads us to the last part - Goal and Outcome.

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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