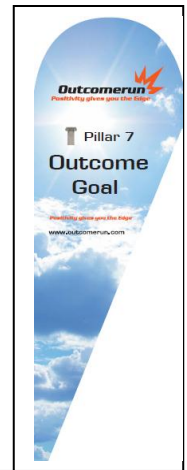


# The 7 Pillars of Outcomerun© - Positivity gives you the Edge

- 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 7 Outcome and Goal 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 have been inactive for a prolonged period of time.

By reaching your Goal or Outcome you have reached a point of completion for that particular target. You can now tick that box and move on to the next Challenge. The finish or rather the means to the finish for both Goal and Outcome are the same. In this Pillar, I combine the two together, rather than isolate them and look at each separately as per the previous 6 Pillars.

Goals are relative to who YOU are and what YOU want to achieve. I stress the YOU because many Goals are borrowed and if it's not something you are really Passionate about then you may falter. The one thing that all Goals have in common is that they must Challenge you somewhat. If it isn't doing this then it is simply a task. If you are not in the habit of setting Goals I suggest you start with a Goal that you have at least a 60%+ chance of completing. This gets you into the swing of it. Then, as you get used to achieving your Goals, you can become less risk adverse in time. Running is a very progressive and tangible method of demonstrating improvement. In a race you have 2 notable ways to track progress. One being the length of distance completed and the second being the time you took to complete it - usually in that order for beginners. The option also exists to persist at a distance such as 10kms until you reach your target. Running is very Flexible offering a variety of Goals.

## Your Recent Outcome / Goals

Describe a recent Goal that you achieved?

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Was this a challenging Goal for you?  
yes / no

Did you write down this Goal?  
yes / no

How did you feel when you realized you would achieve this Goal?

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Did you share your Goal with other people?  
yes / no

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**Outcome Question** Did you remind yourself regularly of the Goal?  
Describe the methods you used to remind yourself \_\_\_\_\_

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Every Goal brings you on a journey. Outcomerun – Positivity gives you the Edge is one such journey. No matter what your Goal – having a proven and systematic way of achieving it gives you the best chance of fulfillment. In the Outcomerun book you are taken on a strategic journey on how to set and achieve your Goals. In summary: the classical step of writing it down is only Step 1 towards centering your energies on your Goal. Step 2 involves working out a plan of action. Step 3: you must put a time line on it. Step 4: tell someone your plan of action. Step 5: agree with them to check up on your plan of action at various stages. This makes you accountable just like you would be in a work situation. We are much more likely to perform better if someone is checking up on us. And better still if they give you honest and constructive Feedback. Choose your 'stand in' coach wisely and you'll benefit even more so.

From my own experience sometimes when you set out on a Goal it can change. The original path when explored may highlight a need for change. For example in running you might get injured. That can lead to an abrupt stop. But this is where perspective is important. Your training to this point will not have been in vain. The roadmap outlined by the 7 Pillars is designed to facilitate an Outcome or Positive change in your life. Any Outcome is the result you created because you approached your training and life in a new systematic and disciplined way. If you find yourself unable to reach your Goal for whatever reason you should still evaluate the Outcome. Focusing on the failure is a non-progressive waste of energy. Successful people evaluate the Outcome and self-Feedback on their performance and what they accomplished. The Outcome is the step in the right direction towards any Goal completed or not. Life is all about experiences.

This brings us to the end of Outcomerun. In reality it never ends as we are always striving to improve ourselves. If it doesn't work for you the first time, try again. Outcomerun is not a magic wand. It is a journey towards Positivity. Implementing the 7 Pillars helps to release some baggage along the way making it easier for you to achieve your Goal /Outcome. It is like peeling the layers off an onion. Lose the layers and you can centre more of your energies on your Goal. Learning new habits takes practice and dedication but eventually they will become second nature to you.

When taking part in an Outcomerun partnered Event you get the opportunity to revisit and enact the 7 Pillars as you pass them along the course. If you run with a smartphone you can hear the 7 x 30 second motivational messages based on the 7 Pillars when you pass by the Pillars (Teardrop banners). Embrace and take energy from the 7 Pillars as you run, walk or jog your way around these events. Most of all enjoy them and do your best!

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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