

Finding Your Why

Your why can also be called your mission statement.

If you find yourself thinking,

Why do I do this to myself? During your runs or races, this is especially important for you to work through this.

It is all good me saying find your why, but what if you don't know what your why is?

There are two approaches you can use here, both require you to sit down undisturbed, really give yourself some space and time to think about it.

Meg and David Roche approach

Write down your answers to these questions

Why do you run at all?

Why do you run each day?

Why race at all?

Why do you have the long term goals you do?

It is okay if it takes you awhile or if you feel as though you need to step away and come back, it may take some time for you to do some soul searching.

The second method is a bit more of an aggressive way, but it requires you to be honest with yourself.

The childlike approach

Have you ever been a people pleaser? Not wanting to upset anyone or admit things to yourself?

Me too.

Often the why we might give the first time we ask it is not the real answer, which is why I have learned over the years that asking yourself the question of why 5 times based on your answer, you know, like kids do at that age when they are trying to understand how the world works. Do that to yourself and see what you come up with. Read between the lines of your answers and see if it helps

Here are a few examples:

Why do you run?

Because I like to

Why?

Because I am busy and it allows me to stop

Why?

Because I schedule too much and I make myself stressed trying to do too much, running gives me time to just be outside in nature

Why?

Because it gives me freedom and peace

Why?

Because I am a human being

Your why: Because it makes you feel alive

Why do you run?

Because it's fun to finish in a fast time

Why?

Because it makes me feel good

Why/

Because I try hard

Why?

Because I feel like I am doing something for myself when everything else is for other people

Why?

Because I like a challenge to be better

Your why: Because you love a challenge

Why do you run?

Because I get to run with friends

Why?

Because that is the only time i get adult conversation

Why?

Because I am at home all day

Why?

Because I have children

Why?

Because I need time to be me

Your why: Because it makes you feel like yourself

Why do you run?

Why?

Why?

Why?

Why?

My why: _____

Once you figure out what you truly want from running, easy to put in the steps to get there

If you are motivated by a personal goal or achievement, it means you are more likely to keep fighting for it than for extrinsic reasons, like social media likes or weight loss. We need to find a reason beyond those. Hopefully this helps.