

## ***Run and Reflect: Melissa Corley Carter***

### ***10 Things to Think About from Running for Real Episode 294***

[Melissa Corley Carter](#), Ph.D., is our guest for episode 294 of the Running for Real podcast. Melissa is a leadership coach and writer whose book [Running the World](#) documents her quest to run a marathon on each of the seven continents. Melissa gave us so much to think about during this episode. Here are ten items to start with.

1. Melissa says that running helped to lead her to more formal practices in meditation and mindfulness. Do you consider your running time meditative? How so? Has running led you to other self-care practices?
2. Melissa's eyesight prevented her from meeting her long-time goal of being an astronaut. Is there something you've really, really wanted to do that hasn't been possible because of your body? How have you reconciled that with appreciating and caring for your body?
3. In her coaching, Melissa asks people to think about what they really want when they set a goal. What is your goal behind this goal, she asks. In her case, she realized that what she really wanted in the goal of becoming an astronaut was a desire to be one with the cosmos. Think about one of your major life goals. What is the goal behind that goal?
4. Along those lines, think about your running. Why do you run? What are the goals behind your goal of being a runner?
5. Melissa says about the people a leader is supposed to motivate, "They don't care how much you know until they know how much you care." Think of an area in which you're really knowledgeable. Do people regularly turn to you for advice on the topic. Why or why not?
6. Melissa is literally a rocket scientist! She says of engineers, "Not all engineers are stereotypical engineers" and that, in any field, people are people. What are some stereotypes you have about others in the running world? What might those stereotypes be based on?
7. Melissa points out that when young people are asked what they want to be when they grow up, they're expected to answer with a career choice. For you today, what's a non-job answer to the question, "What do you want to be when you grow up?"
8. Reading Christopher McDougal's book *Born to Run* helped Melissa to better connect her running with nature. Is there a book that has significantly changed your relationship with running?
9. Melissa learned while training for her final seven-continents marathon that she wouldn't become an astronaut. She found solace in the immediacy of doing hill repeats for that marathon. What's a time from your running life when you were able to be fully present despite personal struggles outside of running? Are you able to do this regularly while running? Why or why not?
10. After meeting her seven-continent goal, Melissa didn't feel the need to top it with something even more ambitious. What's your usual mindset after meeting a big goal? Do you usually have something else already lined up? Why or why not?