

TOGETHER WE CAN. TOGETHER WE DID.

Solo pursuits are seldom SOLO.

Support Team!!



DON'T LET YESTERDAY DEFINE YOUR TOMORROW.

A hard day yesterday doesn't mean a hard day tomorrow. Equally a successful day today doesn't mean tomorrow will be the same.

EMBRACE EACH DAY AS A NEW DAY!



WHAT YOU ARE WILLING TO DO IS MORE IMPORTANT THAN WHAT YOU ARE CAPABLE OF DOING.

I possessed no talent, no real history of running - I didn't really consider myself a runner...



2 THINGS GOT THIS DONE:
Time & Reason

THERE WAS NO 2ND CHANCE.

REWARD IS FOR THE SACRIFICE & STRUGGLE.

END GOAL OR DESTINATION

The size of the reward is determined by the struggle and sacrifice.

TO THE TEMPLE

COMPARISON IS THE THIEF OF JOY.

THE BIGGEST THING WE WILL DO IS THE BIGGEST THING WE WILL DO.

When we compare ourselves to others (in their achievements, struggles or success) the REAL RISK is we take away from our own.



HOW BECOMES MORE IMPORTANT THAN WHY.

When we get down into the work of doing hard things and facing real challenges we need to focus on PROGRESS

WE DO THIS BY FOCUSING ON HOW (NOT WHY)

WHY = CONTEXT
HOW = MOMENTUM!



SOME THINGS ARE MEANT TO BE HARD.

This too shall pass. Embrace whatever state I am in!



IN ANY CHALLENGE, THERE WILL BE BOTH HARD TIMES & GOOD TIMES.

ACTION WILL ALWAYS BEAT INTENTION.

HAVE COURAGE

Don't wait for all the answers to all of the questions.



DON'T WAIT FOR THE TIME TO BE RIGHT. (Because that time might never come).

2G
HANDS ACROSS THE WATER



RUN TO
REMEMBER

Words: PETER BAINES
Hand drawing: GUY DOWNES @ guydownes.com

WHATEVER THE CONDITIONS, THEY ARE MY FAVOURITE.



During the run and my training, I had NO CONTROL over the temperature and the conditions. I needed to embrace what those conditions were. DON'T WASTE TIME & ENERGY ON THINGS YOU CAN'T CONTROL.

IF IT DOESN'T FEEL HARD, IT'S PROBABLY NOT BIG ENOUGH.

We build resilience by doing hard things.



"IF YOU TELL YOURSELF IT'S TOO HARD, YOU'RE PROBABLY RIGHT. IF YOU TELL YOURSELF YOU CAN, YOU'RE PROBABLY RIGHT!"

NOTES & IDEAS.



HANDS
ACROSS THE WATER