

Chasing Extraordinary

‘How To’ guide for newbie marathoners

‘Your Motivation to Succeed’

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I hear you want to run a marathon?

YAY! ... and welcome to my world. That truly makes me happy and I can't wait to hear all about it when you cross that finish line.

Which is why I've put this little exercise together for you so that you find your motivation and stick to it like glue right throughout your training.

The months of effort you'll put into training for a marathon will be hard at times ... but it will be sooooo worth it.

So let's take a good look at this. What will success 'training, running and completing a marathon' look like to you?

I'm going to get you to do a little exercise.

Not the sweaty, heavy breathing type – though I do want you to get excited and whip yourself into an emotional frenzy.

If you truly have no experience or no idea, then I definitely recommend getting yourself down to a marathon finish line to take in the whole experience.

If you're like me, you'll love every minute of it and maybe shed a little emotional tear (tears of awe and joy by the way).

It'll also be like having ants in your pants – you'll want to be a part of it, you'll want it to be you crossing that finish line with the sweat and glowing smile of someone who did.

It's a great experience to get your motivational juices flowing.

Anyway, back to the exercise.

Pen and paper ready ... picture yourself at the end of your marathon. Visualise it and now write about it with all the emotion you can muster.

1. How do I feel at the end?

Describe your pride, joy, feeling of absolute self-belief.

2. Why do I want to run a marathon?

List all the reasons and be truly honest – did you want to lose weight, feel mentally strong, earn bragging rights, show doubters that you could do it.

3. What has it meant to me to cross the finish line?

Describe how you've trained, you've dedicated, you've committed a lot of time and energy to achieving this.

4. What does the finish line look like?

Describe the atmosphere, the noise, the smells, the sights, be as descriptive as you can.

5. What does my success look like?

Describe what you are achieving out of this life experience.

'Create the day that creates your success'

~ Nikki Love

Keep in touch

Like I said, I'd love to hear how you get on, so why not come on over and say howdy on:

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