



Tips to keep you airborne!



What a laugh
December 2022

Guess what! I completed my first ever triathlon today...and what's amazing is that I didn't cotton onto it till after the event, the realization of which made me laugh out loud.

So, here's what I did...I cycled to a beach, where I went for a run, after which I went for a swim.

That's a triathlon, right?

Who cares if I was competing against myself (which clearly, I wasn't, as I hadn't done it before) and that it didn't fit a regular competitive bill.



What matters is that it conjured up a thought (after the event), which could form a belief, which could drive behaviour...as in complete a triathlon, (which dear readers I have no intention of doing), potentially manifesting a successful result.

You see, this thought got me thinking about Eliud Kipchoge, one of the greatest marathon runners of all times, winner of 2 successive Olympic marathons and setter of an unofficial sub-2-hour world marathon record.

For Kipchoge, who started out running 'small', success is ultimately about planning and self-discipline.

We all know about the importance of planning, which he's an absolute advocate of, so let's not go there today. Rather, let's see how he speaks to self-discipline.



Caroline Crosbie
CONSULTING
Tapping into Personal and Professional Wellness

Caroline Crosbie Consulting
www.carolinecrosbie.com.au
info@carolinecrosbie.com.au
0416 154 259

Does he ever have moments when he has no motivation to get out of bed and go running. Heck yeah. So, what does he say to get himself moving?

'If I don't run, what will happen?'

Isn't that a great question to run with...if you pardon the pun?

He considers the cascading, knock-on-effects that will negatively impact his day on all levels if he ignores the call to action.

So, what of self-discipline?

He's of the belief that it's intrinsically linked to one's personal values, and this is what he suggests to do...

Make a list of 60 values and get it down to 15, which you'll then narrow down to 3 (start with a list of 15 if 60 is too much of a mental stretch as this exhausting time of the year...or if you'd prefer, drop me a return email and I'll send you my values worksheet, a nifty tool for the process).

He then says to live, sleep, work, run, relax and play through the lens of these 3 values. Self-discipline will thus be born through the process.

As for getting a better handle on self-discipline, put simply, he says to do the following:

1. Inject yourself with vitamin 'N' (learn to say no!).
2. Set your priorities right.
3. Avoid complaining at all costs.

And yes, he'll refer to success being a process (the journey, not the destination) that doesn't happen overnight and naturally, it won't come on a silver platter. You'll need to work for it, feeling the pain and moving through it.

You're probably sitting there thinking 'I know all of this Kipchoge', to which I'm guessing he might reply 'Knowledge + action = results. Press on, press on, press on!'



Still, it's good to revisit old themes, especially if you're planning on conjuring a successful thought or 2 for the New Year that's-a-coming.

Just remember to keep playing with those thoughts till they form firm beliefs and away you go...perhaps on your bike, for a run and for a swim...ha ha!

From little things, big things grow, remember?

Here's to keeping airborne over the festive season dear readers and many thanks for tuning in over the year.

Stay safe, remember to breathe and see you when we turn the corner.

Caroline

PS - Whenever you're ready, work with me directly to see how you can benefit from some coaching to help achieve your goals in the New Year. Hit the reply button to this email with "yes, more information please".

Spread the word...



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