



June 2020

Today (Sunday 28th June 2020) I did my first run in 3 weeks. As with anything when you haven't done it for a while it can be a challenge starting again. It's all about having the right mindset!

I do a lot of thinking when running it helps distract me from listening to my breathing (otherwise I end up hyperventilating as I try to change my breathing pattern 😊) and deal with things that are on my mind be it big or small! Running is my outlet!

Today, as I was running it crossed my mind the similarities between my run and running my business and how I deal with the unknown.

So, for anyone that is dealing with their own personal challenge right now. Here are some of my tips on I how focus on achieving my goals:

Tip 1 - Commitment

When I got up this morning, I was aching all over and my 21-month-old had been awake since the break of dawn! The last thing I felt like doing was putting on my running shoes and going for a run. However, I had already made the commitment to myself the night before that this morning I would break the cycle and get my routine of running back. I had said it out loud to my boyfriend. I'd therefore, put my stake in the ground!

In life when I say I'm going to do something I will, and I will commit 100%.

Tip 2 - Break your overall goal down into bitesize goals

When I start my run, I have a goal for the distance I want to achieve. However, at the beginning of the run it can feel daunting so, I always break my run down into smaller goals. I give myself landmarks and then once I reach that point, I give myself another landmark to reach and so, on until before I know it I'm back home again!

That first 1 mile is always the hardest for me as my muscles are warming up and I find my rhythm. That is what the last few weeks in lockdown have been like with 4 children at home, whilst home-schooling and starting a business whilst my boyfriend continued to go to work throughout. It feels like we've found our rhythm for the time being, but we've been continuously adapting and changing throughout.

This is the same in business, you can't stay still, you have to be agile enough to adapt and meet the ever-changing demands of the customer.



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Tip 3 – Don't let the self-doubt take over

Positive thinking is so important. When you start to hear the self-doubt in your head. Push it to the back and think about the reasons why and your achievements.

When I'm running I'm constantly talking to myself to keep myself going...'keep your head up,' 'sprint up that bridge,' (with a visual high 5 at the top)'keep going,' 'you can do it.' Whilst also, listening to music and talking to myself and breaking down the things that are on my mind.

Tip 4 – Keep on track and be consistent

This morning I was running against the wind so, as I contemplated changing my direction. I decided that, that wouldn't be the right decision for me. Instead I saw it as a challenge to continue pushing ahead to achieve my goal. For the next few runs, I will keep the same route so, that I can measure my performance and improvement.

To be successful we need to be consistent to be able to measure our performance and identify what's working well or where improvement may be needed. We will get distracted and wander off the path to see if there's a better way but fundamentally, getting the basics right are the foundations to success!

Tip 5 – Goals achieved

Every day we are juggling and multi-tasking. Some find it easier than others. Find a method that works for you. I love a list to keep me on track! I'm also, very visual and love a mind map. For my family because there are so many of us, I have a family planner on the kitchen wall so, we can see what's going on, on any one day! It's been looking a bit empty recently!

By the end of my run I usually have a plan for how I'm going to deal with the tasks for the day or the things that have been bothering me.

Conclusion

I'm glad I went for a run this morning, I'm no longer feeling achy, have more energy to deal with the day ahead and am feeling positive! I also, exceeded my expectations. I thought initially I'd only run 3km but actually completed 4.82km. However, my celebration was quickly followed by I'm now annoyed at myself for cutting my run short and not doing the full 5km. So, my goal for my next run is 5km!

In the same way I started my business in lockdown 10 weeks ago, yes it can be daunting at times not having the security of a regular salary and benefits, yes it's hard work and it can feel like there is a long road ahead to complete my first year but so, far it has exceeded my expectations and I'm loving every minute! I am growing on a daily basis as I learn new ways of doing things, have met some great people through networking and I have balance between work and family.

I'm in control of my destiny and am making my dream a reality!

My advice to anyone that is feeling a bit unsure about what they want to do next and is self-doubting. Imagine how it will feel when you've achieved your goal and don't let that feeling go:

- ✓ Set your goals, write them down and then make them happen.
- ✓ Celebrate every time you achieve a goal whether big or small. All those small goals add up to one big goal!
- ✓ Believe in yourself and you will achieve
- ✓ Have a positive mindset and quieten the self-doubt



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