

"Behavior is the mirror in which everyone shows their image."

— Johann Wolfgang von Goethe

Ego-less living® and running, a balanced approach to running and life:

At **RUNClub®** we utilize the principle of **ego-less living®** to help you achieve your running and life goals. This principle applies whether you are just starting in a running program; want to improve your technique; improve your PR (5K 10K or 21K) or run injury free. However, the main reason we utilize the principle of **ego-less living®** is to improve our health and happiness (makes life a whole lot easier).



RUNCLUB
KAMLOOPS

- Changes Lives
- A Highly Successful Run-Walk Program
- A Pace for Everyone
- Ego-less Living
- Nobody Gets Left Behind
- A Union of people for Community Health
- Emotional Fitness
- Life of Meaning
- Vibrant Health
- Professional Coaching & Personal Life Support
- Putting the FUN in Your RUN.

Live your best life now!

www.runclub.ca || www.gethappyevents.net

Bottom line, **ego-less living®** requires that you understand and get a grip on your ego. Ego is such a negatively perceived word. While ego is a part of every human being, it can be either healthy or unhealthy. When the negative ego runs the show, things can go “out of whack” not just in your running, in your life as well. **Ego-less living®** is acknowledging that you have an ego and then deciding how to utilize that quality to create greater performance in your life. It isn't about asking you to suppress or drop your ego, just keep it in balance with yourself and what your body is telling you. If your body is injured; and you're constantly hurting yourself, finding yourself experiencing a lot of colds, viruses and illness then you are living in negative ego. Wellness is about living your life in honor of your whole body and ensuring your Ego is telling you when to excel and also when to listen to the warning signs. The goal of **ego-less living®** is to live your life from a place of love, compassion, sharing and health.

When your ego makes choices without being balanced by the input of your body and physical being, your workouts, health and goals are often out of balance as well. The ego could decide to either inflate or deflate your sense of self. When inflated, it may demand that you run a 10K in 50 minutes when your body is really ready for a 65 minute run. This is a perfect recipe for injury (too much too soon).



When deflated, your ego might give in to the nagging ache in your knee or a setback, rather than trying to utilize a little bit more patience and investigate how to run properly. When your ego is deflated, you give up too easily.

Ego-less living® is the art and practice of making healthy decisions and of seeing yourself from a balanced place without self-judgement. If you define your self-worth by your “physicality” or how well a run goes (either negatively or with an inflated sense of pride), then you are identifying with your ego. When you are **ego-less living®** you evaluate your run, but not your self-worth. You notice what you did well, what you need to improve upon, and enjoy the process of learning and improving your running day by day.

This way of life doesn't mean you *don't* feel good about your accomplishments, as a matter of fact, when you are **ego-less living®** you often feel your accomplishments more deeply, more quietly, more joyfully and more profoundly. You can take more delight in the smaller things in your life. It also means that you don't judge yourself too harshly when things don't go the way you want. The voices of “I'm not good enough, fast enough, strong enough” will recede and you will begin to experience greater accomplishments.

Ego-less living® means seeing the big picture of yourself; becoming self-aware of your strengths, challenges and long-term goals. This knowledge helps you become objective and keeps you on track by focusing on the ways to advance your performance, free of the negative impacts of Ego.

Finally, great running doesn't come only from good technique (although it's a great place to start), it comes from having a healthy mental attitude and developing your **emotional fitness®**. When you practice ego-less running you might not just become a better runner, you might become a better person as well, and your health will definitely reflect your inner energy.

RUNClub® - Living a life based on excellence
and inner joy.

Topics – RUNClub® emotional fitness®

- WEEK 1 - **Ego-less living®**
- Defence is attack
- I can choose peace; instead of this
- The voice inside your head
- Book list 2017
- The unconditional path to happiness
- Getting ready to Boogie (the mental and emotional preparation).

