

The voice inside your head

“We all have a voice inside our head that tells us things – some good and some bad. The good news is – running is an amazing place (and tool) to bring that voice into awareness and to actively quiet it and let those thoughts GO!” – *Jo Berry*

Turning the voice off:

For many years, the voice inside my head told me all sorts of things like:

- You can't do this, you aren't a runner
- You're not good enough or smart enough
- You're not built to run
- You are too tired, just give up
- This is what life is, what you are. Accept it.
- You're too un-fit, too big, to run/bike...
- The weather sucks



And on and on it went.

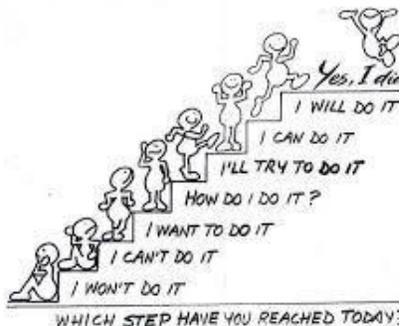
As a RUNCLUB® coach, I now know what the process is for changing that dialogue. It is very effective, but it takes time and patience and discipline and training. In the same way that our physical training is important, our mental training is equally important for our long-term health.

I have spent many hours considering HOW the voice inside my head became so negative and nasty. I've realized that many of the negative messages came from stressful and difficult times such my high-school years / and my marriage. It was during these times, because of my inability to reframe situations that the negative messages started to take hold. At one point, my self-image took such a nasty negative turn it became a Herculean feat to turn it around, but, I have! (And so can you).

Much of my mental training has taken place on my runs, as my feet slowly churn, my mind clears. I find I can think through the issues that challenge me and formulate solutions that empower me to feel in control of myself, and my mental state. I make the voice stop and reset my thoughts replacing them with something positive).

When you are challenged consider using some of these statements (affirmations) to rebuild and refocus on your positive opportunities and outcomes:

My Affirmations:



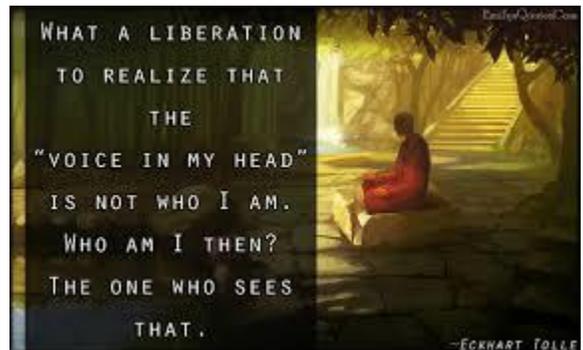
- ***That was a fantastic run***
- ***You CAN do this!!!***
- ***One Step at a time***
- ***OMG, you just ran double digit KM!***
- ***WOW! I just passed a car on my bike!!***
- ***You are smart, you are amazing you are worth it.***
- ***There is no comfort zone. I am not afraid.***

The point in all this is that the voice in your head that tells you, “You can’t ____” is a big, fat liar!! Your self-talk is the first step in achievement. It is the starting point for everything that follows afterward. And it is an essential element of your self-worth! Your self-talk is your prayer to yourself and your God. Be mindful of the conversations you have with yourself – switch it up to a positive and practice it all the time. Speak it with your heart and soul. Believe it and you will achieve it. Bring this inner self-talk into full awareness while you are out running and “run” it out!

At **RUNClub®**, we believe in training the ‘inside’ as passionately as training the ‘outside’. One of the most important inner training we can do is to constantly tame (and train) that inner voice. Don’t let it over-ride you. You are a RUNNER! You are doing this! It doesn’t matter how far or how fast – **you RUN! Congrats.**

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).



Next week - Book List 2017