

- *Stay on task.* We're all going to have those moments when other concerns creep in. I remember a track workout when Dillon brought Athens along and gave him an iPad when he wasn't supposed to have screen time until later in the day. I pointed this out on my recovery lap but then remembered (with Dillon's help) that he was "on" for parenting right then and I needed to focus on my workout. You'll see that this strategy sometimes requires giving up some control and letting people do things in a way you wouldn't necessarily do. (This is another thing that's really hard for me, but I'm working on it!) In that way, it's also good practice for letting go of what you can't control on race day.

Take Control

The mental drill in table 9.1—Stop, Start, Continue—comes courtesy of Carrie Jackson (Cindy's coauthor on the book *Rebound: Train Your Brain to Bounce Back Stronger from Sports Injuries*) (Kuzma and Jackson Cheadle 2019). It appears in that book as a tool to help you navigate the psychological process of recovery, but this version can be used to reach any goal.

It works well at the start or end of a year or training cycle. You can also turn to it whenever you feel like things aren't quite working the way you'd hoped. To do it, ask yourself the three simple questions.

Call It a Win

Some victories are obvious—my top American finish in the 2016 Boston Marathon is one that will always be special to me. But you don't have to wait for those major milestones or even to cross a finish line at all to celebrate. Giving yourself a big cheer, gold star, or cowbell ring for everyday successes goes a long way in boosting confidence and

Table 9.1 Stop, Start, Continue

Questions	Examples	Your answers
What do I need to stop doing to reach my goals?	<p>"I need to stop doing two hard days of running each week because I always get injured. I am going to stick with one."</p> <p>"I need to stop squeezing in an extra cross-training workout per week because it leaves me feeling stressed out and I'm not sure it helps my fitness anyway."</p>	
What do I need to start doing to reach my goals?	<p>"I need to start lifting weights two or three times per week. I know a strong body leads to better running."</p> <p>"I need to start going to bed earlier. Sleep is critical to recovery."</p>	
What do I need to continue doing to reach my goals?	<p>"I need to continue running first thing in the morning. I'm more likely to stick to my schedule, and I feel far better the rest of the day."</p> <p>"I need to continue keeping a training log so I have even more data to use in this chart next time."</p>	

From N.S. Gracey and C. Kuzma, *Breakthrough Women's Running* (Champaign, IL: Human Kinetics, 2023).