



UNT Psyching Team Tip #2

Reaching Your Goals

- ✓ Know your WHY! Why do you run? That's your motivation...keep it alive!
- ✓ Make yourself better each day by staying focused on your present goal.
- ✓ Know what you want to accomplish each time you train...have a purpose!
- ✓ Use yourself as the reference point when setting your training and race goals.
- ✓ Make your goals positive and specific (Ex: "I'm going to run an 8 minute pace").
- ✓ Divide your race goal into smaller intervals and monitor your progress in each one.
- ✓ Be compassionate with yourself if you do not immediately reach your race goals. Stay positive and make corrections for your next mile.
- ✓ Have fun!

"Tough Minds, Full Hearts, Run Free"™

Contact us at:
University of North Texas Center
for Sport Psychology
(940) 369-7767
www.sportpsych.unt.edu
Email: sportpsych@unt.edu
Follow us @UNTSportPsych