



LESSON 10: REMINDERS

STRATEGY

TALKING POINT: Every day, we are exposed to powerful reminders, both positive & negative that encourage us to repeat behaviour. These are called “trigger” events. They usually occur in chains – one trigger leads to another until the behaviour happens. In the case of negative a habit, our challenge is to interrupt the chain of triggers that produce it.

EXAMPLE: Going food shopping when hungry is an example of a time when triggers can lead us to eat when we’re trying to control calories. Interrupting that chain could mean to eat a healthy snack prior to shopping.

QUESTION: What POSITIVE reminders could you create that results in you attending each & every InTraining session? [Lay out running shoes & clothes Friday night, check the weather forecast, set a standard bed time, eat the same light breakfast, listen to some music that pumps you up, etc.]

OPTIONAL TALKING POINT: You probably have several chains of positive triggers in your life now.

QUESTION: Can anyone describe how you use reminders now that result in behaviour you LIKE? [Keeping a list of friend’s birthdays means you won’t forget to get them a present]

TALK ABOUT DURING THE RUN AND/OR HOMEWORK: What additional chains of triggers (Reminders) can you put into your life producing even more positive outcomes?

READING from The Beginning Runner’s Journal: Pp. 20-21; 24-27; 31-32

FOR MORE INFORMATION: Go to www.habitshift.com or www.sportmedbc.com/habitshift