



LESSON 11: CARROTS & STICKS **STRATEGY**

TALKING POINT: This strategy focuses on how you appreciate yourself – the activities you use to provide yourself with rewards & punishments.

EXAMPLE: Some of you have already thought about what you will do for yourself after you complete the Sun Run. Some of you are much more familiar with how you beat yourself up for NOT performing as you expect.

QUESTIONS: If you were to do an inventory – two lists side by side – and in one column write all the ways you truly nourish yourself & in the other column, write all the ways you currently punish or deplete yourself, which list would be longer?

They say that you can only care for others to the extent that you care for yourself. Do you agree & why?

OPTIONAL TALKING POINT: In another topic, we talked about how people who successfully change habits set their sites on small changes leading to a larger change & are good at rewarding themselves for each of these small steps.

QUESTION: What are ways that you can celebrate your participation after each of the InTraining sessions?

TALK ABOUT DURING THE RUN AND/OR HOMEWORK: If you are better at punishing yourself than rewarding yourself, who are all the people who pay a price – after you pay yours?

READING from The Beginning Runner's Journal: Pp. 19; 32; 61

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