



This new year, my resolution is to run the hump. I'm just going to get out there until the toughest part is over and I'm back in the groove.

My schedule will be:



I'll cut out the excuse that _____

I'll be super proud when _____

If I get discouraged, I'll brush it off and remember _____

I'll stay excited by _____

I'll share my goal with _____ and _____ and ask them to check in on me and see how I'm doing and — if necessary — offer some tough love.

Most of all, I'll remember that running is tough until it isn't. I will get better at it, but I have to put in the work. In the meantime, I'll sweat it out like everyone else. And I'll enjoy the sights and sounds and pet the dogs I see along the way.

Signed,

