

# The Runner's Agreements

1. I will set goals daily.
2. I will disregard past disappointments.
3. I will learn from every setback.
4. I will try new things.
5. I will set my personal goals above the team goals.
6. I will work to strengthen my whole person before strengthening my physical person.
7. I will extend my limits every time out.
8. I will always have a strategy for success.
9. I will associate with successful people and dissociate from fearful people.
10. I will accept that results are measurements, not judgements.
11. I will offer support when I can and accept support when I need it.
12. I will always value growth over results.