RYBL PODCAST COMPANION
EPISODE 322

What beliefs do you hold about women over 55? Do you think these beliefs help or hinder you?

What are your thoughts about your own future?

Where would you like to be in 10, 20, even 50 years?

What are your beliefs about the attaibility of these dreams?

What changes have you noticed in yourself as you age, particularly in terms of focus and desires?

How can you redefine your goals in such a way that you set yourself up to win?

What are the personal values that drive your goals?

What are some skills you have that could be useful in creating the future you want?

COPYRIGHT © NOT YOUR AVERAGE RUNNER 2024