

## What comes first...Aims or Goals!?



It's very easy to write a blog and help others through the perceived knowledge of the author. It's a little different when the writer creates a blog that delves into their own thinking and realities.

Sport has played a big part in my life and still does. I am lucky to have played to a decent standard in a number of sports, been fortunate to have played alongside some incredible sportsmen and in a variety of team sports.

Running has always been a constant...Winning my first medal at six..."The School Victor Ludorum". Sadly and in more recent years although I could no longer run to the speed that I used to, I could still run respectable times for a maturing club runner...16.44 for 5k through to 77 minutes for a Half Marathon. It then started to go wrong when I reached 50. Two hernias and three knee operations.

I immersed myself in becoming more of an official in the world of running as opposed to being a runner in the physical sense. The odd attempt to a return to running led to further niggling injury. It's easy to then put on a few pounds and hide behind a cycle of injuries.

Recently, I decided enough was enough. Excuses had no place in my thinking. A return and a longer term plan to competitive running. How should I approach this? Should I set some Goals!?

So back on the trail. A lack of fitness has meant that it's a gentle start. If I have wanted a rest and walk, I have done so! Who cares if I do...Is anyone judging me?

I have started to lose some weight. Mentally I feel better and running is getting easier. In the early days, I did on occasion wonder if it was worth it! Running used to be so easy...Time has made it more of a challenge for now. I am winning the mental battle. Wanting to get out there...Being a little more conscious of my calorie consumption...Including my favoured glass of red wine.

I have consciously not yet set any Goals. For Goals to mean something, they have to be realistic...Creating a stretch...Something that you passionately want to achieve.

First of all, I had to decide how much I wanted this...Was the passion to run still there? Could I commit to this? I decided to put no pressure on myself, but I have found that the more I have run, the more I want to commit to this. Not wasting even at my maturing years any talents (at whatever level), I may have...Talent is also very individual. As talented as you want to be!

**So the moral...**Before you create new Goals, be sure that the passion is there and that it's something that you really do want to achieve!

**Let your dreams outgrow the shoes of your expectations.**

***Ryunosuke Satoro***