

CREATING EASE TOOL

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This tool was developed a little late in my training and was created so that I could get away from the challenge I had anticipated AND created. Through using this tool and re-focusing myself 180 degrees, my experience became way more enjoyable and much more do-able.

- What would EASE feel like to me? (*Confident, Fun, Grateful*)

- How can I create EASE?
 1. Who does what I want to do *and does it the way I want to do it?* (my 12-old daughter)

 2. What can I learn from this person? (*Has no doubt*)

- 1. Create a mantra that allows me to feel EASE. (*Just do it!*)

 3. Devise a plan for what to do during my training/race that will allow me to feel EASE. (*Shout WOOHOO!, thank volunteers, visualize other racers coming to celebrate with me, feel gratitude to all those who helped me get to this point in training*)