



## LOOKING BACK: Taking Measure of 2021

**First let's celebrate; what did you accomplish last year?**

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**What steps did you take to achieve those accomplishments?**

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**What else went well during the year?**

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**Did you fall short of your goal(s)?  
What got in the way?**

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**What could you have improved?  
What was your biggest lesson?**

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## INSPIRATION: Documenting the dreams

Who are the runners, endurance athletes, or other successful people you admire the most?

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What do you admire about them?

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What can you learn or borrow from them?

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# YEARLY PLANNING TOOLS

ADAPT & THRIVE PERFORMANCE



**YEARLY FOCUS:** Where will you focus your efforts in 2022?

In each of these areas, what do you want to start, stop, or continue?



**PERSONAL:** Well-being, Gratitude, & Discipline

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**HEALTH:** Nutrition, Emotional, & Sleep

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**FITNESS:** Training, Recovery, & Balance

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**STAYING FOCUSED:**

How will your training be different this year? What will it look like if 2022 goes well for you?

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## → 2022 GOALS: Tuning up for success

My primary goal for the year is:

Other things I would like to accomplish:



How will I feel when I accomplish these goals?

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Major events, milestones, and dates to hit:

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Steps I will take to accomplish these goals?

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