

# RUNMYWAY

## GOAL SETTING METHODOLOGY

At Run My Way Australia, we believe running is about more than just fitness—it's a pathway to self-improvement and a balanced, fulfilling life.

The **RUNMYWAY** methodology helps runners of all levels set meaningful, achievable goals that align with their unique aspirations.

This approach ensures your goals are relevant, deeply personal, and supportive of your overall well-being. Whether you're a beginner or an experienced runner, **RUNMYWAY** goals will guide you toward sustainable progress while keeping running enjoyable and rewarding.

**R** ELEVANT

**U** NIQUE

**N** OURISHING

**M** OTIVATING

**Y** EAR ROUND

**W** ELL ROUNDED

**A** DAPTABLE

**Y** OUR LIFE

On the next page, we'll dive deeper into each component of the **RUNMYWAY** methodology and show you how to use it to set your goals.