



Goal setting into the unknown.

With uncertainty still hanging into 2021, it can be challenging to set running goals. Use this worksheet to jot down ideas & choose goals!

Events: What will your return to racing look like?

Community: How do you want to show up for the running community?

PBs: Do you have a personal best in you?

Process: How will you get where you want to go?

**MY 2021
GOALS**
