



# MARATHON MINDSET CHECKLIST

OWN YOUR RACE

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IN ORDER, HERE IS YOUR CHECKLIST

**1**

## PHYSIOLOGY

- POSTURE
- EYES
- BREATH

**2**

## FOCUS / VISION

- 3 things you **can control**
- 3 things your **thankful for**
- 3 things you will **gain from finishing**

**3**

## LANGUAGE / ACTION

- EMPOWERING QUESTION
- INCANTATION OVER AFFIRMATION

**1**

**MOVE YOUR  
BODY**

PHYSIOLOGY / BODY

**2**

**SHAPE YOUR  
MIND**

FOCUS / VISION

**3**

**CREATE YOUR  
LIFE**

LANGUAGE / ACTION



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