

## GOAL SETTING ASSIGNMENT No. 3 GET PERSONAL

While assignments 1 and 2 were meant to help you clarify your purpose and remain focused on it daily, assignment 3 is something you'll do now and then not look at or see again until the end of your season. Based on the purpose statement you've identified, write a letter to yourself about what you aspire to be and do as a runner and a teammate this season specifically noting WHY this is important to you.