

FINDING THE STRENGTH TO ENDURE

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# GODSPEED

## THE RACE ACROSS AMERICA

GUIDE TO BECOMING YOUR BEST SELF

# THE GODSPEED GUIDE TO BECOMING YOUR BEST SELF

The desire to become the best version of ourselves is a strong motivator. Self-improvement is a \$10 billion industry (annually!) and it's not slowing down. Each of us knows we have the potential to grow, expand, and have a greater impact in our daily lives. The **GODSPEED** film provides a multitude of reminders, lessons and motivation to help us all move our lives toward #BetterThanYesterday. This complimentary guide will provide you with the tools and resources to get started in the right direction, regardless of the type of personal goal you're pursuing.



## SELECTING THE EVENT (YOUR PERSONAL AREA OF FOCUS)

There are hundreds of options when it comes to athletic pursuits. Jerry/Brad chose one thing - the Race Across America (RAAM) - period. They didn't try to do a little RAAM and then sneak in some 2:2 basketball or flag football in the middle. Nope - single focus from start to finish. The same is true regardless of the direction you're pursuing in your own life. From weight or stress management to life balance, exercise pursuits and everything in between, one of the critical keys is a singular focus. In our journey toward #BetterThanYesterday, one of the most common mistakes is to "focus" on more than one thing (an obvious oxymoron). Personal change is difficult, and to increase your likelihood of success, a concentrated, singular focus over time is a necessity.

**Optimizer:** What is that one thing to which you're willing to fully commit until achieved? Just one thing:

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## CLARIFY THE WHY

You've identified the what, but you won't make it far without the why(s). Within the first 24 hours of RAAM, the desert heat hit 120 degrees (which translates to asphalt temps near 150 degrees), a big climb ensued, and the winds picked up. Yet the journey continued with the same focus as was seen at the starting line in Oceanside, where conditions were perfect. A consistent focus on our "why" drove the team forward. When your "why" is smaller than your obstacles, that's exactly when you'll give up. However, if your clear "why" is bigger than those obstacles, then the "how" is little more than a footnote and your success is all but guaranteed.

□ **Optimizer:** What is your "why"? Is it big enough? Think of all the potential obstacles you're going to face in your #BetterThanYesterday journey. Is your "why" bigger than all of them? Are you sure? Clearly ID your "why(s)" now:

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## MAKE IT A REALITY - FOR YOU

Jerry and Brad were both pursuing the same goal - together. Yet their lives, schedules, responsibilities, resources, etc were as different as you could imagine. They trained differently, ate differently, prepared differently. Same event - two completely different people - going about it in two completely different ways. Your strategy for your #BetterThanYesterday must fit YOU. It does no good to approach it the way your sister/co-worker/neighbor/friend/spouse did. You, your resources, your support system, your LIFE - is completely different from those other individuals. You are unique - make certain your plan fits you and not somebody else.

□ **Optimizer:** How (specifically) will you adjust your current schedule and habits to make your journey a consistent reality? Identify the time and days you'll commit to this pursuit each week. Consider what you're currently doing during those times. How will you adjust that current schedule so you're able to move forward when the pull of gravity (current habits) holds you down?

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## SET YOUR MILE MARKERS

Mile markers come in a variety of formats. During RAAM, they obviously included literal mile markers. Yet there were other measuring sticks along the way as well. Jerry focused on heart rate, while Brad preferred to track power (or wattage). As you move toward #BetterThanYesterday, it's important to identify the markers you will use to indicate the progress you're making. During RAAM, the team knew the pace would vary based on a number of variables (heat, hills, wind, rain, etc). Knowing you'll experience your own set of variables as you move through your journey, what markers can you track to remind you you're moving in the right direction? The combination of a consistent tracking system and an understanding of expected variables goes a long way toward staying on track to the finish line.

□ **Optimizer:** What mile markers will you utilize to track your progress through your journey? Are there segments where the “pace” will likely slow and you'd benefit from planning accordingly?

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### ADDITIONAL FUEL FOR YOUR JOURNEY:

- Think about the last time you were willing to spend time outside your comfort zone. What do you remember? How did you make the most of it? What were some of the unexpected struggles? What would you do differently this time?
- Have you ever listened carefully to the words you say to yourself when you're struggling to continue through a difficult phase of your journey? If you were on the RAAM crew, would you have said similar words to Jerry/Brad during a tough section? If not, then maybe it's a good time to choose different self-talk options for yourself as well.
- The “team” piece within **GODSPEED** is critical. When Brad was struggling, Jerry took a longer pull (and vice-versa). The Crew not only encouraged the riders, but literally set the stage for their success by supporting them in every conceivable manner. Who is on your “team” as you pursue #BetterThanYesterday? Have you shared with them the details, how much you appreciate them, and the role they can play going forward?
- The film focuses on the dramatic, but many of the aspects that had the biggest influence on their eventual victory took place quietly, behind the scenes. Sleep schedules, nutrition intake, strategic caffeine use and more don't get much screen time, but they played an immense role in the outcome. Regardless of whether your pursuit is physical, relational, emotional, financial, spiritual or social, those core areas of life (sleep, fuel, activity levels and strategic caffeine use) will play an immense role in your eventual results. As you pursue #BetterThanYesterday, don't forget to keep the engine tuned up along the way.