

Top 10 Questions Adventure Travelers Should Ask When Going to The Doctor

1. If you didn't have any foot pain what would your goal be?

(how often do you want to run, what pace, on the road? on trails?)

Is there a specific event you would run? Write it down. Here is an example:

"If my foot wasn't hurting, I would run 10 miles, from Stinson Beach to Muir Woods and back."

2. How would that make you feel? Write it down, in the present tense, including as much description and emotion as possible. (an example might be: *"I run to Muir Woods starting at 2 o'clock in the afternoon when the sun is shining and warm on my shoulders. I feel the ocean breeze, I can smell the pine trees and sage. I can feel the changing softness of the trail underneath me. My quads are strong as I run up the hills and the gravity pulls me as I run to back down. I feel strong and alive."*)

3. These are the activities I can currently do without any pain at all:

4. These are the exercises I can do to get stronger, today. All of these exercises will support me when I run:

5. I know I can heal because I know what the problem is and my doctor believes in me and my ability to heal. I am also going to do the following to heal even faster:

6. This is why view myself as a runner. (write it down.)

7. I will be strong, fit and I will do this run on this exact day at this exact time: (choose a date and time and write it down here:)

Part 2: state these ideas on page 2 in SMART format with ONLY positive attachments. (You CANNOT use the words: no, none, without, pain, none, hurting, etc. No negatives on page 2!)

