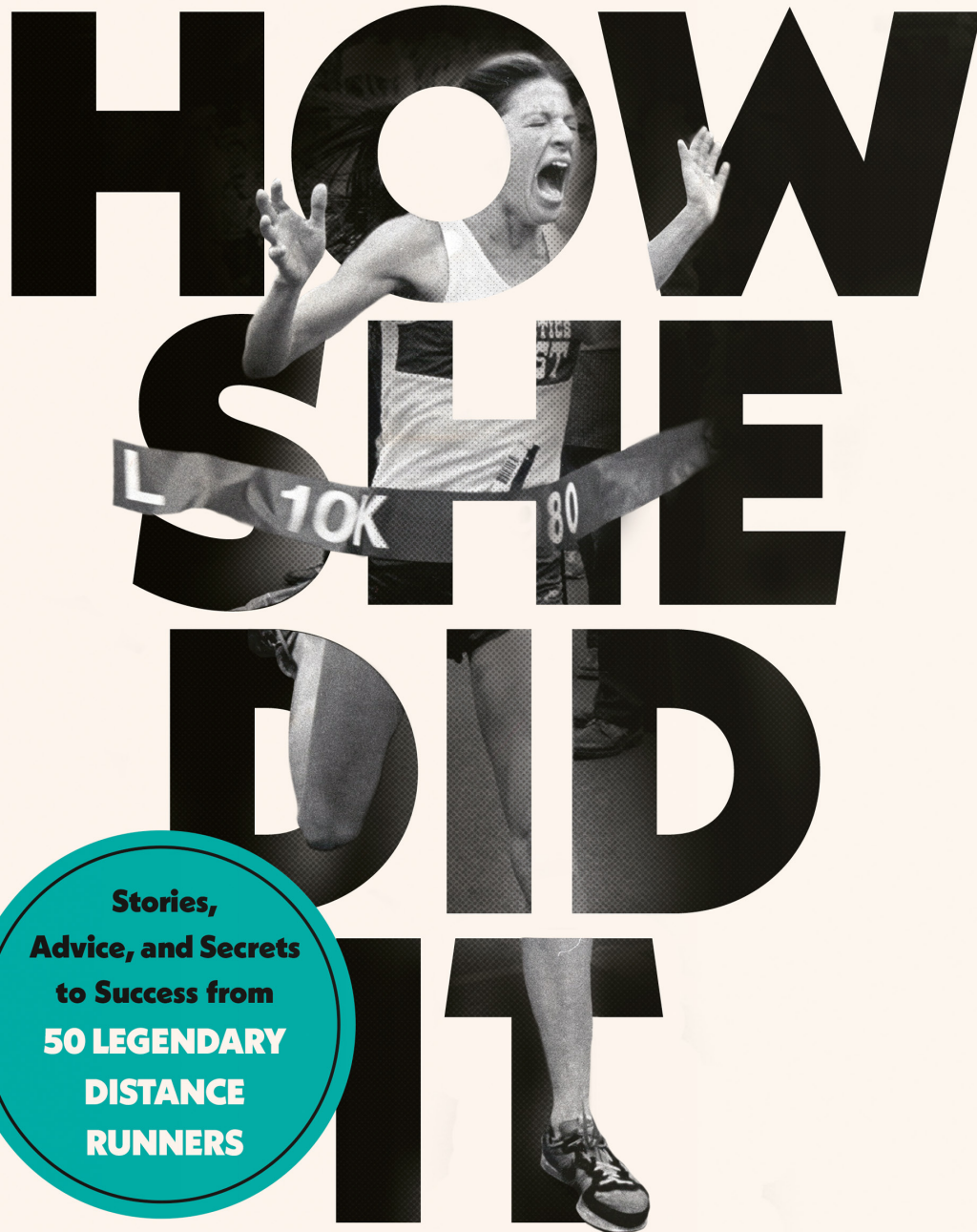


How She Did It: Your Story



**Stories,
Advice, and Secrets
to Success from
50 LEGENDARY
DISTANCE
RUNNERS**

Molly Huddle and Sara Slattery

two-time Olympian and American record holder

two-time NCAA champion and NCAA coach

howshediditbook.com

GOAL SETTING

Use this goal-setting sheet as a way to help you outline your goals. Sometimes, seeing them on paper helps us reach them. Come back to this sheet whenever you want a reminder of what you hoped to achieve, or use these questions to set a new goal. Considering sharing your answers with a friend for accountability.

1. What are 3 goals for the season?

They can be intrinsic or extrinsic. It's helpful to have a mix of both!

An intrinsic goal is something that's personally important to you and not purely results-driven, like "persisting when I have rough days," "being a good teammate," or "being curious about my limits."

An extrinsic goal is probably what you're used to hearing about and it focuses on external outcomes like "finishing in xx place," "having a winning season," or "beating this many people."

2. What steps do you need to take to hit these goals?

Brainstorm here! (It could be things like becoming 30 seconds faster, being able to better sustain long runs, staying injury-free, or committing yourself to doing the little things well.)

3. What consistent actions will help you hit these goals?

Maybe it's doing 10 minutes a day of pre-run warm up routines, making sure your mileage is a certain range for a certain amount of time, or finding a partner to train and race with on your team.

4. Who can help you hit these goals?

Is it a coach? A therapist? A teammate? Outline your support system! It doesn't have to be big, just what you need to help get you there.

YOUR CHAPTER

Below are the questions we asked all the athletes interviewed in *How She Did It*.

Use these questions as a guide as you think about your own experience. Then, look at the answers from the athletes in the book. Do you notice any similarities? Come back to this page often and review how your answers change over time

1. What were your PR's?
2. How did you get into running?
3. What major setbacks/challenges did you face as an athlete?
4. If you have this setback/setbacks, describe how long you were off from running competing? How did you overcome the issue?
5. What is your best race following your setback (or your best race ever!)?
6. What are you most proud of in your running journey?
7. What did you learn and what would you have done differently?
8. Who makes up your support system? (coaches, trainers, family, teammates, friends?)
9. What is your favorite workout?
10. What is your most interesting/funny race story?
11. If you could give other girls in sport one piece of advice, what would it be?
12. What has been most rewarding about your running journey?

CONNECT WITH MOLLY AND SARA

Thanks so much for grabbing a copy of *How She Did It*. We hope these stories inspired you and can't wait to hear your thoughts after you've finished the book!

We'd love to hear the answers you put on this worksheet, or about your favorite interview in the book! Tag us in your replies and thoughts on on Instagram. We look forward to connecting with you!

Molly: @mollyhuddle | Sara: @saraslattery