

# From the LANAI

A. MC LIFESTYLE

*Live Light. Be Well.*

EPISODE 1

## Why I'll Never Run Another Marathon



### SHOW NOTES

In this opening episode of From the Lanai, Adrienne shares the deeply personal story behind her decision to never run another marathon—not because she couldn't, but because she no longer needed to.

This conversation explores the difference between proving and becoming... between endurance and alignment.

Because sometimes the most powerful decision you can make is to stop running toward something that no longer reflects who you are.

This episode sets the tone for the Season of Becoming—a season rooted in honesty, release, and choosing a life that feels as good as it looks.

### IN THIS EPISODE

- The difference between strength and self-abandonment
- Why proving yourself can quietly become a habit
- What it looks like to release a version of you that was built on survival
- The power of choosing alignment over applause
- How to recognize when it's time to stop running—and start living

### REFLECTION MOMENT

*Not everything you've mastered is meant to be maintained.*


*Some of the things you once carried with pride were actually born in seasons where you were just trying to survive... to prove... to be enough.*

*But growth invites a new question:*

*Does this still align with who I am becoming?*

*Because evolution isn't always about adding more.*

*Sometimes, it's about having the courage to lay something down... even when you're good at it.*



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