

## Are You Ready For The Darkness? Part 2

### Step Two: Build A Support System - Create Team Me

Doing *Big & Scary!* is real tough on your own...it's much easier with a Team around you. Getting folks on your team is easy - you just have to share your goals and make sure there's something in it for them as well!

What's in it for them if you do this thing?

What's in it for them if you don't?

Loved ones particularly can help with balance and perspective and the REALLY important stuff.

*'I'm not living with a basket-case for 4 months while you get yourself ready...'* said my wife Charlotte when we were planning the *Enduroman* assault. So we planned in quality time for us in advance and how we could support each other - but we could only do that because I'd shared the Goals at the start.

### Performance Is Emotional

A Support System is *anything which makes you feel how you need to feel so that you can do what you want to do*. Now read that bit again slowly: it's important!

Preparation is physical. *Performance - stepping up when you have to - is Emotional*.

All things being equal *The Difference Is How You Feel* - so choose the folks on your Team accordingly.

You will need people who inspire you, make you stretch, believe in you, will catch you when you fall, do stuff which you cannot, make you laugh and see the big picture.

Cynics and atmosphere-hoovers are not helpful so ditch 'em! You'll also need role models - but more about them later...Make a list of these people *right now*, 'cos if you're serious about *Doing Big & Scary!* Stuff you will need 'em on your Team.

Then there's certain types of music, sights, smells, clothes, and kit . Places in the house, favourite times of the day, places in this country and abroad, habits which sustain you- in other words, you miss 'em when they're not there.

If you want to just chill out, you probably dress a certain way, sit in a particular position, be with particular people, (or not) listen to particular sounds, eat and drink certain things, and choose to do or not do particular activities.

The same principle applies: *what do I need to do, say to myself, focus on, listen to etc in order to feel like I want to do that hill session?*

And if you have little idea? Just start paying attention and recording it all in your Diary. Look for patterns and trends. Ask those closest to you for their opinion: in my experience they usually have some penetrating observations!

### **Step Three: Keep It Simple - Progress In Bite-Size Chunks**

DO NOT start this if you really don't want to! (Remember last month's piece on Goals: You've got to really, really want to!).

Think of tackling a BIG goal like, well, like you would 'Eat An Elephant.'

Yes, really.

And for the uninitiated among you, here's how you Eat An Elephant:

Wait until you really want it and you are out of alternatives.

Find other folks who have eaten elephants before and ask them how they did it:

What would they do different next time?

Get the sharpest tools you can and as many other hungry folk as you can find.

Start with the smallest, fleshiest part and take the tiniest of mouthfuls.

Pause, consider, consult, learn.

Then do it again: By the time you get to the tusks you'll wonder what all the fuss was about.

The principle here is to break every seemingly *Big & Scary* task down until you have something which you can easily do.

And everything breaks down: EVERYTHING!

So it is never the prospect of keeping motivated throughout all 12 months of next year.

You may be able to get your head around 3 months, or 4 weeks, or even one week. Just nail 3 good days out of 7 - 3! If everything else goes belly-up, by that measure the week will still have been a good one.

If you can do it for one week you can do it for another.

And you might even manage 4 this time, then 5. If you're not careful that'll soon become 4 weeks. Do THAT again and that's two months and THAT'S about a third of the way through. Hey, this stuff can soon stack up!

Next Issue: The final part of the Six Step process.

**Who Is Andy Mouncey?**

Andy lives with his family outside Lancaster and for the last 8 years has run his own Performance Coaching business [www.doingbigandscary.com](http://www.doingbigandscary.com)  
Andy supports Marc and the Endurance Coach team in helping runners prepare for ultra-marathons and the Lakeland 100 in particular.  
He specialises in helping athletes train their brain and harness their emotions so that they run their race - as opposed to the race running them!  
Contact Andy 07799 063 115 [andy@doingbigandscary.com](mailto:andy@doingbigandscary.com)

Reprinted by permission A MOUNCEY 2008.