



**GET ACTIVE
FOR BREAST
CANCER
RESEARCH**

MOTHER'S DAY CLASSIC TRAINING PROGRAM

Positive mantra



What's yours?

Remember to come up with your personal positivity mantra this week.

Being the best mover you can be starts in your head.

When you have a positive mindset and believe in yourself, you're more likely to put in your best effort. Similarly, if you let your negative nelly hijack your runs, it's going to affect your performance.

A way to beat your mindset is to pick a positive mantra you can repeat over and over in your head when your run gets tough.

Your mantra needs to feel personal and something you relate to so that it will quieten down the voices in your head.

If you're feeling stuck or need some motivation consider reaching out to others through the MDC Facebook group - join here.

Movement resources at mothersdayclassic.com.au/mdc-move



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