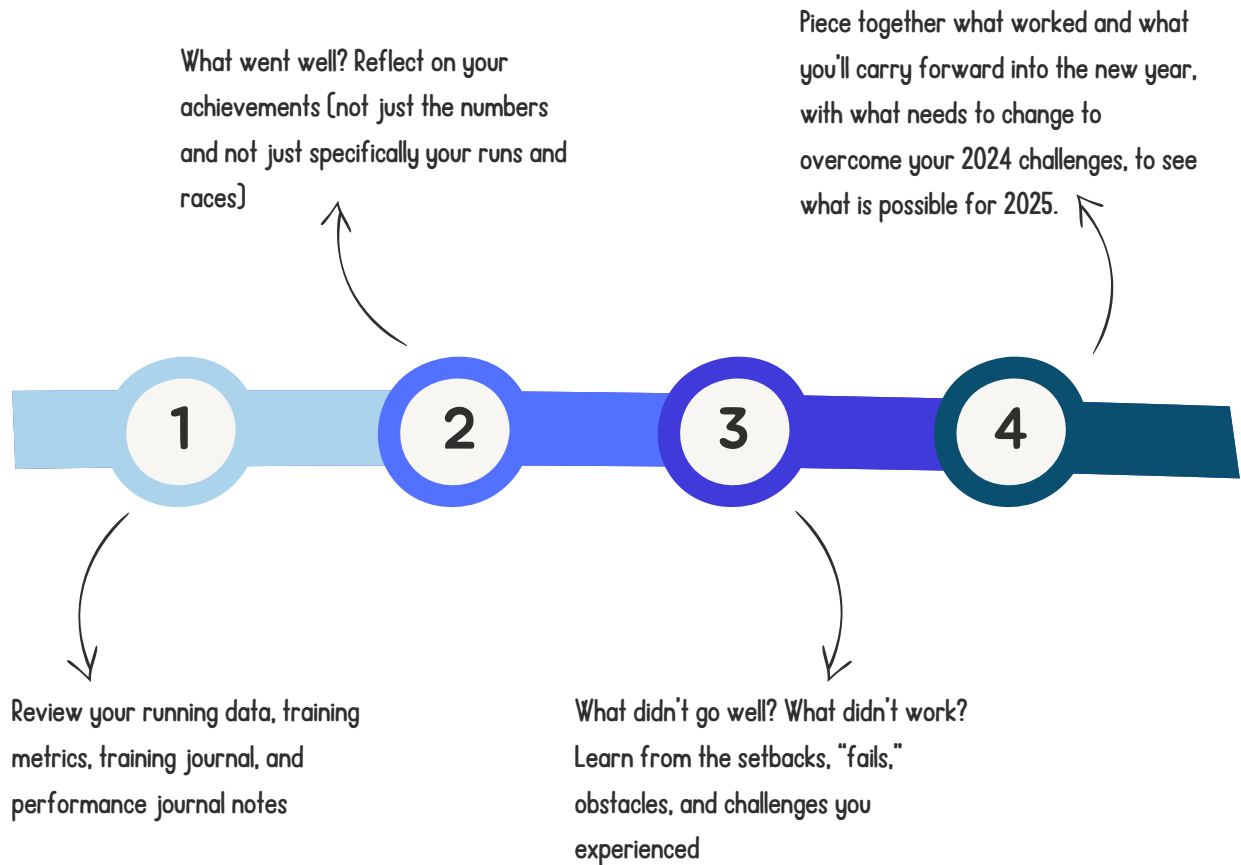


# 2024 REFLECTION & 2025 GOALS

*jaci wilson runs*

## HOW TO REFLECT ON YOUR 2024 RUNNING



# 2024 REFLECTION & 2025 GOALS

*jaci wilson runs*

**1** Review your running data, training metrics, training journal, and performance journal notes.

**2** What went well? Reflect on your achievements (not just the numbers and not just specifically your runs and races).

**3** What didn't go well? What didn't work? Learn from the setbacks, "fails," obstacles, and challenges you experienced.

**4** Piece together what worked and what you'll carry forward into the new year, with what needs to change to overcome your 2024 challenges, to see what is possible for 2025.