



**This is my story. Many months ago, I set a goal to achieve**

(goal you want to achieve next season)

**I had many reasons why I wanted to achieve that goal, such as**

(why do you want to achieve it, your why)

**Looking back, I experienced a lot of personal growth, the biggest part of that was**

(areas you want to grow as a person through this)

**and I know I am a better person now.**

**I had to face a lot of obstacles along the way, some I knew before, such as**

(challenges, shortcomings, fears you may have)

**but others surprised me. This is how I overcame those**

(how you will defeat those specifically)

**I gave my all to overcome those but knew I couldn't do it alone, my family and friends**

(list family/friends behind your goal, Arete Endurance Coach 😊)

**supporting me by**

(how family/friends can support you)

**Looking back I am so happy I even I went for it, I was scared at first, but I grew so much as person this past year that it has all been so worth it.**