

## Ep #122: Time Travel: Creating Your Future Self



### Full Episode Transcript

With Your Host

**Jill Angie**

[The Not Your Average Runner Podcast](#) with Jill Angie

## Ep #122: Time Travel: Creating Your Future Self

Welcome to *The Not Your Average Runner Podcast*. If you're a woman who is midlife and plus sized and you want to start running but don't know how, or if it's even possible, you're in the right place. Using proven strategies and real-life experience, certified running and life coach Jill Angie shares how you can learn to run in the body you have right now.

Hey there rebels, you are listening to episode 122 of *The Not Your Average Runner Podcast*. I'm your host Jill Angie, and I cannot fucking believe we are halfway through December already. Who let this happen? I mean, really, time goes so quickly when we're having fun, right?

So lately, I've actually been kind of fascinated with the concept of time and how we experience it, and how sometimes it seems to go really fast and sometimes it goes really slow. And if you're online at the Department of Motor Vehicles, it pretty much seems to stop in its tracks. But if we're having - like it's a holiday celebration and you're having a good time, you blink and it's over.

So I love to find different ways to think about things that we sort of take for granted. And things that we don't question very much, like time, for example. We think we understand how it works. We think we understand how time works, but really, it's just a bunch of thoughts that we have created to make sense of something. And that's everything in life, isn't it?

A bunch of thoughts we create to put things in different bins and boxes in our brains so that they seem logical to us because our brains like to put order to things. And some things like time are very conceptual, so we come up with these different constructs around time to make it make sense to us.

Anyway, it's all getting very meta. Anyway, it all started - this is kind of noodling in my brain. It all started when somebody in the Run Your Best

## Ep #122: Time Travel: Creating Your Future Self

Life coaching group said that her circumstance in her coaching model was managing her time.

And now, if you're new to the podcast and you don't know what I mean by the coaching model, make sure you listen to episode 33 where I explain how it works because it forms the basis of a lot of the work that I do with my clients.

So anyway, she said that her C, her circumstance was managing her time. And I said well actually, managing your time is not a fact. It's just a thought. The C is probably something like writing out my daily schedule or figuring out how I'm going to get the three things on my to-do list to fit into my schedule today. That's the circumstance.

And then she kind of calls it managing my time. But I don't think we really can manage time. Because I don't think time actually exists. This might be an unpopular concept, but I believe that time is just a concept that humans have created because we have memories. We have memories in our brains and we have imaginations, where we can think up new things.

And so we believe that the past exists and the future exists, and if they exist then time has to exist, right? But really, I believe the past and the future only exist in our minds in the present moment because they are our memories, and our memories are just chemicals in our brain. They're just neural connections that have been made based on events that happened.

The past no longer exists. The future does not exist. There is just your memories and your imagination, your thoughts in your brain. Doesn't exist anywhere else. And this is a bit of a brain-breaker for some people and I know some of you are listening and you're like, I'll fight you on this.

But just bear with me for a moment. And like, when I talk to you guys about these concepts, it's not necessarily that I'm trying to change your mind or

## Ep #122: Time Travel: Creating Your Future Self

that I think I'm right. What I'm trying to do is just offer you alternative ways to think about things that you may have always had one opinion about, and I'm giving you some different beliefs that maybe will shift your thinking and maybe not.

But I think it's always kind of fun to play with these ideas. So let's kind of go back to the concept of the past and the future. Think about your dog, if you have a dog, or if you have a cat, or I don't know, if you have a goldfish, it probably doesn't apply. But think about a pet that you have.

Time doesn't really pass for a dog. Now, there's just the exact present moment that the dog is in. There's no past and there's future. There's none of that concept in a dog's mind. And for those of you that are like, "Oh, time passes for my dog because I've been gone for five minutes, she's like, kind of happy to see me when I come home. But if I'm gone for five hours, she's really excited to see me, she jumps all over me. There's a difference. She knows that time has passed."

I kind of disagree with that. This is what I think happens. When you're not there, your dog is thinking as much as a dog has a conscious thought, your dog is thinking, where's my human? And when she thinks where's my human, maybe she feels a little anxious. Like, where's my human? My human's not here. I need my human.

So maybe she feels a little bit anxious. This definitely doesn't apply to cats. Cats are like, thank god that fucking human's out of here. Now I can really have some fun. But your dog is feeling a little anxious because she has a thought, where's my human? And that anxiety drives behaviors. Maybe she chews on little toys or your couch. Or when you come through the door, she's still got that anxiety and she jumps on you when she sees you.

Now, the more time she thinks these thoughts, she's creating those neural pathways. They get reinforced. So after five minutes, she hasn't had the

## Ep #122: Time Travel: Creating Your Future Self

chance to think, where's my human, that much, so the response isn't that strong. But after five hours of thinking where's my human, where's my human, where's my human, she's created a neural connection that's really strong.

And it's not like she's thinking, oh my god, you've been gone so long. It's just that that in the moment anxiety response has just been reinforced because it's been five hours of her thinking that loop, rather than five minutes. So when you see her, she has a stronger reaction. So that's what I think is going on with dogs.

Now, of course, if it was my own dog, I would totally anthropomorphize her behavior and be like, she loves me so much. But really, I think this is actually what's going on. And dog people for sure write into the podcast and tell me how I'm wrong. But I think it's a fun way to think about it.

Now, it would be the exact same thing for human except we have this thing called a prefrontal cortex, which allows us to think on purpose. It allows us to think kind of outside of ourselves. It allows us to have sort of personal awareness.

And so humans have created this concept of time because we have memories, and we're like, the past exists because I have memories about it. The future is coming because I have thoughts about it. And so we have this concept of time that it passes, that we are moving through time all the time.

And we also believe as a result of that, that we can manage our time. That we can manage how we spend our time. And I kind of agree with this and I kind of disagree because I think a lot of people think that time is like, something we put in a bank account and we can just sort of dole it out as necessary.

## Ep #122: Time Travel: Creating Your Future Self

And for sure that's one way to look at it, and I think if you're thinking about productivity and what you do when you're at work and how you schedule things, maybe that works. But it does set us up to say I'm doing a good job managing my time, or I suck at managing my time, when really, "time management," and I'm using air quotes here, is simply what you are choosing to do in the present moment.

So time management, you can plan all you want for things that you're going to do in the future, but you can't manage the future until it happens. So time management is literally the choice you're making in this exact moment. We don't manage our time. We can't save it. We can't waste it. We can't spend it. We simply make choice after choice after choice.

And when I think about it that way, that like, okay, right now I'm choosing to do this thing instead of that thing, there's no scarcity. There's just the choice in front of me right now. What I want to do in this exact moment. There is no future moment. That only exists in my brain.

I can't make a decision in a future moment because I'm not there yet. I can only decide what I want to do in this exact second. Now, I can imagine the decision I might want to make at a future moment, for sure. But I can't make that decision until I'm there.

And so when the next moment comes, I decide again, and then the next moment comes and I decide again and again and again. And obviously, most of these decisions are sort of happening under the radar very subconsciously. It's not like we use our brain energy deciding second after second what to do.

But somewhere in our brain, it's happening, or we would just stop doing stuff and we would just sit there and stare. So like right now, as I'm reading this to you, but when I was typing out my podcast notes, my brain was

## Ep #122: Time Travel: Creating Your Future Self

making these little decisions to keep my fingers moving and type the next word.

And it was not a conscious thing, although at the time when I was writing about it, when I was writing up these notes, I was hyper aware of it, like I'm desiring to keep typing. But really, it's not a conscious thing. And take running for example. When you're running, you're not thinking take the next step, take the next step, take the next step, take the next step.

I mean, sure, maybe when you've been going for a while and your legs are tired, you do think okay, just one more step, just one more step. But most of the time, the decision to take the next step happens subconsciously, but it's happening.

So just stay with me here. If the past and the future do not exist anywhere but within your mind, in your brain, in the neurons and the chemicals in your brain, that means that you can create the past and the future for yourself however you want them to be. It means that things that happened in the "past," air quotes again, are simply a result of your thinking.

The thing that happened in the past is gone. It's not happening anymore. the only place that it's really existing is in your brain and somebody else's brain that may have seen the same thing. It exists in the opinions you have and the judgments that you have.

And if you've ever noticed when there's a big court case, say there's a murder trial and there's five witnesses to the murder. And everybody is like, this is what I saw, and nobody agrees on what they saw. Now, the thing happened. But when we're talking about it later, the thing no longer exists, except in everybody's brain.

And everybody has a different thought. We all have different filters through which we view the world, and therefore, the past exists differently in my

## Ep #122: Time Travel: Creating Your Future Self

brain than in somebody else's brain. Even if we're talking about the exact same event.

I think it's a bit of a mind-bender, but it's also a bit of a relief. Because what it means is that you actually get to decide right now what your past was like. If you're like, I had a terrible childhood, you did not have a terrible childhood. You had a childhood, your brain right now thinks it was terrible.

Your brain could also choose to think it was awesome or anything in between. Your brain could have a million opinions about your childhood. Your childhood is neutral and your brain, your mind, your thinking is what determines what your past was actually like. How you interpret what happened. And you can create joy or pain or anything in between that with how you think about those events.

And if you've created pain in the past, or you're creating pain right now because you wish your past was different, the only thing you need to do to change your past is think differently about it right now. And it's wild, right? And I know, I can think of quite a few of you specifically that I'm going to get messages from after this that are saying, yeah Jill, you're kind of oversimplifying this.

But am I really? I'm not saying it's super easy to change our thinking. I'm saying the source of your pain is not complicated. I'm saying the source of your pain is literally your thoughts. Especially if you've thought painful things a lot and you have a habit of going there, it might feel very difficult to change, I get that because you're like no, those neural super highways in my brain are well established, so I think those painful thoughts really, really easily. It's hard to think new thoughts that are less painful.

But the simplicity of it is that's literally all you need to do. You just need to figure out how to think differently. Because if you think different thoughts, you'll have different feelings, actions, and results. It is literally that simple.



## Ep #122: Time Travel: Creating Your Future Self

That is how it works, and that is the way to feel differently about your past. It's completely up to you.

Anyway, I want to encourage you to explore your own thoughts about time and your own thoughts about where the future and the past exist. If you stop thinking about time as something you have to manage, something you can run out of, how would you approach your life differently? What would you do differently? What results do you think you'd get?

I'm really curious about this so I'd love to have you guys write into the podcast and let me know. But now, so we've talked about the past. Now I kind of want to talk about the future, and very specifically, about your future self. And this is another concept that I've really been thinking about a lot lately.

And do you even know what a future self is? I think most people do. But I'm going to define for you what I think it is and how I think it's a helpful concept. So I just finished telling you that the past only exists in your mind, and the future only exists in your mind. The past exists in your memories and the future exists in your imagination.

But they're the same thing. Memories and imaginations are always just circuitry in your brain. They're chemicals and signals and electric impulses in your brain. So the future only exists in your mind and that is where your future self exists also. So she is just the version of you that lives in the future. It's kind of a weird way to say it.

But she's the version of you that is going to be here a week from now or a month from now or a year from now. And this is what most people think. They're like, okay, this is what my future self looks like. So they want to tell me, my future self is skinny and she runs marathons and she has this job and she's married. So they give me all the circumstances of their future self.

## Ep #122: Time Travel: Creating Your Future Self

And just like, that to me is so irrelevant. I want to know what your future self is thinking and what is she feeling, and as a result, what is she doing? Because the circumstances of your future self are just the results that she's created because of what she's thinking, feeling, and doing.

So the thinking part is really the important part of your future self. All of the circumstances of your future self are a result of the thoughts you're thinking between right now and then. So if your future self runs a marathon, it is because of how she's thinking now and tomorrow and the day after that, every step of the way until the finish line.

And I think that's super powerful to understand because really think about it. Your future self only exists right now in your mind. She is the result of all the thoughts you are thinking in every present moment, one thought at a time, over and over again.

So you create your future self one thought at a time. Just like you create a marathon finish line one step at a time. You don't line up at the start line of a marathon and blink, there you are at the finish. You have to take one step and then the next step and the next step. Same thing happens with your future self. It does not happen by accident.

If you want to get the result of a future self that does certain things and has certain things, you have to think her into reality one thought at a time. Now, it works both ways. You can create an awesome future self that you absolutely love, by accumulating those high-quality thoughts, one right after the other by thinking on purpose so that you get the result you want.

But if your thinking sucks, if you keep wallowing in thoughts like, "I never do anything right, I'm so lazy, I'm such a quitter, I always give up on myself," if those are the thoughts that you're thinking, your future self will 100% continue to be a failure. The process does not care what you think. It simply

## Ep #122: Time Travel: Creating Your Future Self

takes your thoughts and gives you the output. It's like a computer. Garbage in, garbage out. Good stuff in, good stuff out.

So we spend so much time thinking about the future, about how awesome it's going to be when we can do x, y, and z. Maybe we get married, run a half marathon, get a raise, lose weight, move to a new house, have a first baby, get a new pet. Whatever it is, when we think about the future, we think about our circumstances and how we expect to feel because of them.

We think the circumstances are going to create the emotions because everything we do in life is because we want to feel a certain way. We don't pay attention to our thinking because this is what most people believe. As soon as we get the result that we want, as soon as we get that circumstance, we will be able to think differently.

But you guys, that is not how it works. Circumstances don't create your feelings. Your thoughts create your feelings. Feelings don't create thoughts. Results don't create thoughts. Losing weight is not going to make you happy if your current thoughts are creating feelings of shame.

I know this. I tried. It does not work. Your feelings don't create your thoughts. You don't feel unhappy and then think, oh, I'm so unhappy. You have a thought that maybe you're not aware of necessarily that makes you feel unhappy. Then you notice the feeling and you say, oh, look at that, I'm so unhappy. I wonder why.

Or sometimes we don't say I wonder why. You say, oh, it's because my life sucks. So when you are thinking about your future self, I want you to stop imagining what she has, imagining what she looks like. You can add that in later, but first, focus on what is she thinking to have and maintain those things.

## Ep #122: Time Travel: Creating Your Future Self

So you can sketch her out. I don't know. Maybe she's run an ultramarathon, or maybe she has job X. Whatever it is. But don't focus on what she has. Don't envision what she has. Envision what she is thinking to have and maintain those things.

And here, if you don't think this process is always working in your life, I'm going to give you an example that I know you have experienced. So think back to before you started running. Whether that was two months ago or 10 years ago or whenever it was, think back to before you were a runner.

That version of you did not have thoughts like, I am a runner, or I'm going to go out and run three miles today. That version of you did not think that way. And you might have had thoughts at the time like, oh, running looks really hard, or I don't run unless somebody's chasing me, or I don't know if I can do it. And all of those thoughts make you feel kind of unsure. Maybe intimidated.

And when you feel that way, unsure or intimidated, you don't go running. Your action is to avoid running. Now at some point, your thought probably shifted to maybe I could be a runner, which makes you feel curious. Maybe a little optimistic. And when you feel that way, you're more likely to go out and throw a few intervals into your next walk.

So your thoughts evolved and your results evolved with them. And then eventually, when you truly believed it was possible, you became a runner. So your thoughts, if you're a runner right now, you did not have the thought, I am a runner, I don't know, 10 years ago, or before you were a runner. You didn't have that thought.

And when you didn't have that thought, you weren't a runner. Now you have that thought, boom, you're a runner. Does this make sense? That's how future self works. Now, the example I just gave you, it was probably an evolution that didn't happen for you deliberately. It might have been

## Ep #122: Time Travel: Creating Your Future Self

something that you kind of - a thought popped into your brain and you were willing to consider it, and then you up-leveled to that new thought and so forth.

But it's possible to do this process on purpose to deliberately create that version of yourself that you want to become. So right now, you have thoughts all the time about being a runner. And some of those thoughts are like, this is hard, I should quit. Sometimes we think that. I even think that sometimes.

But I would say most of those thoughts make you feel motivated, confident, determined, excited, proud. And those feelings that you have drive you to follow your training plan. So the version of you that exists right now in this moment is different than the one that existed a year ago. She has different thoughts. She does different things.

You are living out the future self that you dreamed about in the past. Your current self thinks differently than your past self and she gets different results. So your future self that exists in your mind right now, start sketching her out. What is she thinking that is creating the results that she has?

And really, you can see this action everywhere in your life. It's not just with running. Go ahead. I dare you to think of something you do now that you didn't do a year ago, and see how you're thinking differently about it. Really explore that.

So if you know what you want to do in the future, you can sort of reverse engineer what you need to be thinking and feeling and doing to get the result. I like to think of it like a GPS, for example. So if you live in California and you want to go to New York City, or New York State, you don't just get in the car and start heading west. Especially if you live in LA. You'll never get anywhere.

## Ep #122: Time Travel: Creating Your Future Self

There's a lot that goes into it. You don't just say, oh gosh, I would really love to be in New York right now, and expect it to happen like magic. No. You pick an address that you want to arrive at, and it's a specific address. You don't just say, hey Waze, take me to New York State. You might end up in Elmira, for fuck sake.

There's nothing in Elmira. I'm sorry if you live in Elmira. Actually, I'm sure it's a beautiful town. I grew up right near there. But just kind of fun to say Elmira. So you put in your GPS. You put an address in. I might put in 1928 North Union Street, Spencerport, New York, because that's where I grew up. Maybe I want to go back and see my old house.

You put in the exact address. You start following the instructions turn by turn. You keep following the instructions until you get where you want to go. Here's the thing; along the way, there's going to be some traffic lights. There's going to be some different rules you have to learn. Some states you can do right on red but not others. Some states have those fucking jug handles and roundabouts like New Jersey.

I'm looking at you, New Jersey. I'm so done with the roundabouts and the jug handles. But right? Every state is a little bit different and you might have to learn how to parallel park or merge onto a highway, or maybe you rented a Tesla and now you have to figure out how to drive an electric car.

And then things are not going to go as planned. If there's a traffic jam or you take the wrong turn or the road is closed or you're tired and you need a break, you're going to have to figure out what to do. And if you're driving to New York State from California, you hit a traffic jam, you don't just say like, oh crap, I guess I'll never get there.

No. You wait until the traffic jam moves, or you go a different way or you figure it out. You don't expect that you're going to get to New York State - either you don't expect that you're just going to drive straight there. You

## Ep #122: Time Travel: Creating Your Future Self

know there's going to be twists and turns and obstacles and that you're just going to be able to deal with it.

Setting goals is the same thing. Now, if you want to run a half marathon, you have to figure out how to make it happen. Get the training plan, plan out the individual runs, figure out how to do strength training, pick a race. All the logistics. And you also have to figure out how you're going to handle the obstacles.

Because just like a traffic jam, there's going to be days when you wake up and you're not in the mood to run. There will probably be a lot of days like that. Or you're going to have a run that feels awful and you're going to think, oh my god, am I going to finish this race? I probably should just give up now.

It's not if those things happen. It is when they happen. And that is where your future self comes in. She is your GPS. She is the version of you that knows exactly where she's going and exactly what to do when you don't feel motivated, when your body is like, tired and sore.

Your future self doesn't just hope that things work out. She makes them happen by managing her thinking around the circumstances, and she's accessible to you right now by looking at the result you want and thinking, how would my future self handle this?

I think that's a great question to ask. You got a training run, you go to the gym, it's closed. There's a water main break and there's water everywhere. The treadmills are flooded and there's six feet of snow outside. What is your future self going to do? The woman who successfully trained for the half marathon.

Is she going to say fuck it, I quit, I give up, or is she going to say, okay, well I can't train right now but they'll have it fixed, I can go do it tomorrow

## Ep #122: Time Travel: Creating Your Future Self

morning? Or oh, I know there's a gym on the other side of town, I'm going to go over there and beg them to let me in. Or, I've got a friend who's got a treadmill. Maybe I can go use the one in her basement.

Your future self figures shit out because she's thinking not, oh no, this happened, poor me. She's thinking what do I need to do to get to my goal? So your future self is your GPS. She's got a belief system in place that pulls her forward, that makes her desired result inevitable.

Because you guys, goals without plans are simply wishes. They're just your wishlist. They may as well be a lottery ticket. Goals don't happen by accident. You have to take action and that starts with understanding what you need to be thinking to do what you need to do.

So right now, I want you to think about a big goal that you have and think about all the shit that's going to happen along the way as you pursue that goal. Not if, but when it happens. And think about when those things have happened in the past, have you quit on yourself?

And if the answer is yes, if you want to do it differently this time, you have to evolve into the version of yourself that's not going to quit. And you have to evolve on purpose. I mean, you can just wait for it to happen by accident, but it is so much faster and more certain to happen if you do it on purpose. If you decide this is where I want to be, and that's how I'm going to get there.

It's like genetic engineering versus just natural evolution. Evolution, according to Darwin, took millions of years as life evolved, and it takes forever because it's trial and error and trial and error, and oh hey, we created this mutation and nature accidentally came up with the mutation and it worked and suddenly that was like, oh my god, this is the future of the species.



## Ep #122: Time Travel: Creating Your Future Self

Meanwhile, 72 other mutations resulted in that particular animal dying a sad death or getting attracted by a predator and eaten. So evolution is sort of like trial and error and it takes a long time. Genetic engineering is like, okay, this is the result we have. We know how DNA works. Let's literally build the genetic material to give us whatever it is that we want.

So it's totally different. So future self, you can just wait for her to evolve by accident, or you can engineer her from the beginning. So you guys, the best predictor of your future results, I'm switching topics a little bit here, but the best predictor of our future result is not who we've been in the past.

And I think a lot of people believe what you've done in the past is who you are and that's who you're going to be for your life. And yes, that's true to a small extent because the reason you have your past results is because of what you've been thinking. And if your thinking doesn't change, your future will be more of the same.

And most of us think we need to change our actions to have a different future. And for sure, you have to do different things to have a different future, but you won't do differently until you think differently. So if you don't change your thinking, you're going to be the same person until you die.

And most of us do get into habitual thinking patterns that don't change unless we realize it's not working and we're like, fuck this, and we decide to think differently. So really, the best predictor of your future results is not whether you've quit on yourself in the past. It's what you're thinking right now in this moment.

Because again, the past only exists in your brain so you can decide what you want to think about the past. And that's going to decide what you're thinking right now. That's going to decide who you are in the future. So if you're thinking, I always give up on myself, why should this time be any different, you're going to fail. I guarantee it.

## Ep #122: Time Travel: Creating Your Future Self

Not because of what you did last month but because you have a thought about that thing right now that you're a quitter. And that's a very important distinction to make. Your past results, your circumstances do not define you. They do not predict the future. It is what you're thinking right now that creates your future.

Your future self is determined by what you're thinking right now and what you're thinking in the next second and the next second after that. So this whole concept of a future self is simply deciding what that version of you that does not quit is thinking to keep herself going. It's literally all there is to it.

So you just have a decision in front of you, go is this something that my future self would do? Yes or no. Is this going to make my future self happy? Yes or no. So those thoughts - it's all there is to it. If you look at the past as a predictor of your future, you'll keep getting the same thing because you're thinking the same thoughts.

If you decide to break out of that pattern by working on different thoughts, the sky is the limit. There is nothing that you cannot do. So let me ask you this. Is your future self more committed, more consistent, maybe she's faster, maybe she goes farther, maybe she doesn't struggle with breathing? Or maybe you're not a runner right now and your future self is.

I want you to imagine her. Really close your eyes for a moment. Envision her. What does she do on a daily basis? What does she think about? What does she feel? What emotions does she have? Is she confident and proud and motivated? And does she do her strength training even on days when she doesn't feel that good or when it's inconvenient? Does she recognize that some days she's going to want to quit? Some days running is going to feel really hard, and then have a plan in place to keep going?

## Ep #122: Time Travel: Creating Your Future Self

If that's your future self, let's go for it. Let's create that version of you. Now, I don't know, I think it would be pretty awesome to start doing what you always say you want to do, instead of half-assing it. Instead of setting a goal and being like, all rah, rah, rah, when you think about the goal, but then when you think about the doing, the action that it takes to get there, you're not really committed because you haven't changed your thoughts.

So imagine your alarm goes off in the morning and your brain says, I do not want to run today. And you're ready. You've done the mind work. You're like, not today, brain. We got shit to do. Got a marathon to run. Another 30 minutes of sleep is not going to get us closer to that race.

And so your ass gets out of bed, goes running. You've just reinforced that future version of yourself. You've just evolved a little bit further down the path. Now, I am going to be working with all of the students in the Rebel Runner Roadmap on how to think differently to get different results.

Because I mean, I get it. It can be a little confusing. You hear me say this stuff on the podcast, just think differently, and you're like, how? So we are going to dive into all those tools in the Rebel Runner Roadmap so you can start putting them into practice and become a runner, or get better at running if you're already doing it.

And seriously, you can get coached by me in this class. We're going to get on video and we're going to talk about what's going on with you, how to get yourself where you want to be. We're going to figure out why you're struggling so you can start shifting into that future self version of you that is killing it.

So here is how I see it. You can keep doing what you're doing. You can hope that you'll finally wake up motivated one day and it'll be easy. And you'll be wondering, is this ever going to happen for me? Maybe I should just give it up? Motivation is gone, fuck it, I'm not going to do this anymore.

## Ep #122: Time Travel: Creating Your Future Self

You can totally keep doing that. Nobody is going to stop you. Or you could figure out exactly why you're quitting on yourself and start doing the work to change it. I think those are two very valid options. Which one do you think is more likely to get you where you want to be?

Now, if you chose the second option, where you figure out why and you start doing the work to change it, I invite you to join me in the Rebel Runner Roadmap and let's get busy. Now, the official class starts on January 6th but the Facebook group is already rocking and rolling. So we're already doing some work in the Facebook group ahead of time.

So if you join now, you get access to all of that stuff, all the bonus Facebook Lives I'm doing, the coaching I'm doing in December for everybody that signed up early, and you can get a head start on January. So if you're in, are you in?

Let's just decide that you're in. I want you to go to [rebelrunnerroadmap.com](http://rebelrunnerroadmap.com) to sign up. And just join me. Let's just make a decision right now that your future self is really going to be proud of. Join the Rebel Runner Roadmap and let's get busy, my friends.

Okay, let's talk real quick about this week's obsession. It's the weirdest thing. It's sitting in front of me right now. It's this weird goop that you can use to clean out crevices and corners that are hard to reach, especially computer keyboards. And it feels really weird to touch it. It's kind of cool to the touch and squishy, but somehow not sticky but yet sticky. Can't explain it.

But anyway, it's weird but it works really well. I'm on my laptop constantly and I end up with crumbs and dust and general debris in the keyboard and in the hinges no matter what I do. Like sesame seeds. I don't know why there are so many sesame seeds in my life, but they all end up in the little crevice, the hinge crevice in my keyboard.

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So I got this ball of goop and what you do is you just pull off a little piece and then you roll it on whatever you want to clean and it just picks up everything. And you can actually reuse the little piece a few times. Eventually it gets kind of cruddy and you have to toss it out.

But the ball of goop is big enough that you have a shit ton left over. It's like eight bucks on Amazon for a container. I'm pretty sure it's going to last me at least a year. And I'm going to use it in the air vents in my car because I swear to god, they are so dusty. Nothing seems to work.

Also, there may be Cheeto crumbs in the crevices of my car as well. So trust me, I will be cleaning those out. And honestly, they call it a cleaning gel but let's be honest, it is a ball of goo. It's bright yellow. And anyway, I'm going to link in the show notes to the one that I bought on Amazon.

I dare you to order one. Prepare to be amazed. It's super fun. And the show notes you can get to at [notyouraveragerunner.com/122](http://notyouraveragerunner.com/122). Alright my friends, that is it for this week. Join the Rebel Runner Roadmap. [Rebelrunnerroadmap.com](http://Rebelrunnerroadmap.com), and I will see you in the next episode.

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