

TLP Five-Minute Read Over Coffee – Goal setting in complex times

This is me forest bathing! I am talking about two things I really like to do - running and being in nature. I am also recommitting myself to doing regular runs in the forest each week. In doing this I am aware of two very different Toby to Toby conversations! 😊.

➡ There is a 21 year old version of me, who is a bit of a lean-mean running machine. He was captain of his university running team - and did mega runs, set big targets in terms of half-marathon personal bests and was a super competitive guy! He is critiquing a little that I am chubby in the tummy and much, much slower now 😂😂!

➡ I would like to say thank you - 21 one year old Toby for giving me this life long passion for running - but also that I am just fine with my gentle plodding in the woods now. So you can kindly take your other uber running targets and throw them in the fire!

➡ There is another version of me that is much closer to now and more powerful. It is a hardworking guy but one who says - don't set any targets. We all know that New Year resolutions are an empty cliché. Much more profoundly he is telling me that this is a crazy, uncertain and dangerous world so I should just take it day to day. Forget about projects and targets! I say to this Toby! - I really get where you are coming from - but that is not quite enough for me.

💡 There is a fragile, forward looking and optimistic light that I need to nurture. It comes from a place of hope and a belief, that however gently, I keep on taking positive steps forward, I keep learning and I keep trying to grow.