

Through this program, you've learnt a lot about how to set your own goals, to demonstrate commitment in working towards these, and to be resilient when things don't go to plan.



COMMUNITY



It's also important to remember that while we celebrate achievements that are very personal to us...



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COMMUNITY



...we don't climb these mountains alone...



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...We all **belong** to
communities...



COMMUNITY



Activity 1: Write down some **communities** that you **belong** to, and how they've helped you.



COMMUNITY



Activity 2: Write down some **communities** that you **belong** to, and how **you've** **helped** them.





Parkrun is an example of an organization that welcomes people...

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...and provides them with a sense of **belonging** to the running **community**...

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The Run Beyond Project encourages participants to contribute to the **communities...**

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...that help us. What can you do to contribute to the parkrun **community**?

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