



10 reasons to **run now**

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1

Because that's how change happens, with a single action in the here and now.

2

You have been running your whole life from one thing or another, this time you can do it on your terms.

3

It will make you feel alive.

4

It will help clear your head and make you more focused, more mentally able to own the day.

5

Because you can just leave everything behind right this moment and be alone, be yourself, be free.

6

It will exercise your willpower and help you develop discipline.

7

It'll empower you.

8

Because it's time to take back control.

9

Because life is meant to be spontaneous at times, *carpe diem*.

10

Because you can.