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Subject: Re: Running Music

Posted by [Solitary](#) on Sat, 18 Nov 2017 10:56:05 GMT

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I use my workout time to do a bit of meditation. It's simple - you just have to be present in the moment and not get distracted by anything else.

For instance, if I'm running, then I should only be thinking about running, counting my steps or breaths and so on. No music, no outside thoughts. That does a lot to help me clear my mind and start off my day on the right foot.

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