

GETTING FINISHED

Some people don't start, others start and quit. Still others stop in the middle. And then there are those who begin, do the middle and have trouble completing the task.

Which category do you fall into? Are you good at beginning? Do you make it to or past the middle of a project? Do you stop with the end in sight?

We are all different. Different things make us tick. Some of us are motivated by the excitement of something new. Others are motivated by fear of not getting something done. Still others are incited to act to help or assist others, to care take.

What incites you to produce? Whatever it is and whichever style you have, you will generally need to complete a goal for it to have a positive impact on your life.



*"The question isn't who is going to let me; it's who is going to stop me."
-Ayn Rand, The Fountainhead*



*"Shoot for the moon. Even if you miss, you'll land among the stars."
-Les Brown*

Some people reward themselves for progress on a project. They may give themselves a treat, go shopping, go out to eat, pamper themselves or listen to a nice tune...

Others may try to do their "unpleasant" chores first and when those are done they take care of goals they like to do.

Some break down their day into different time periods allotted to the various tasks that they have to get done.

How do you need to proceed to actually finish some of your important projects? What is your next step? If it feels overwhelming break it down to a very small task.

Don't forget to reward yourself for even the tiniest of accomplishments. That will be the motivation to do more and more until it's done.

Crossing the Finish Line

- ◆ Break project up into several easily completed steps
- ◆ Post an image (reminder) of the end result to view often
- ◆ When overwhelmed or bored with what's ahead, review accomplishments.
- ◆ Look to support system for recognition and reassurance in times of self doubt

*"Obstacles are those frightful things you see when you take your eyes off your goal."
-Henry Ford*



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*"One of the secrets of life is to make stepping stones out of stumbling blocks."
-Jack Penn*