



## BE A FINISHER

**NAME:**

**DATE:**

This worksheet is a supplement training guide to “BE A FINISHER” video reposted on May 2, 2016. It's a short and sweet bite of mental nourishment to help you get to your personal greatness and optimal health.

Do you have a habit of starting projects, but not finishing them? Perhaps it's your new business that you want to launch but you're still stuck in planning phase. Perhaps it's the book you want to complete but you stopped writing after the first few words. If so, you are not alone. Many people have a habit of starting projects but not finishing them. But remember, successful people are not only great at starting things but are also great at finishing.

*What project(s) or goal(s) you would like to make progress on?*

Completing a project successfully takes a lot of conscious effort and proper planning. If you have ever embarked on a project, you'd know that every goal/project comes with its own set of challenges which are not visible when you first start. More than anything else, becoming a effective finisher is about staying motivated from a project's beginning to its end.

*What are the barriers getting in your way?*

Most people started out with excitement, energy, and enthusiasm. But can you maintain it? Life does seem to have a habit of getting in our way but as time goes by our zest starts to wane and it becomes harder to keep moving forward.

Great Finishers put 10 times more effort than ordinary people. They are relentless and force themselves to stay focused on the goal, and never congratulate themselves on a job half-done.

*What solutions or actions are you going to take to keep your momentum going and finish your project (s)?*

Our JTPG and peak performance online classes will begin soon. Sign up to our website, follow us on facebook and twitter, and subscribe to our Youtube channel so you can be the first to be informed when we begin the journey to your personal greatness.

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Author and Speaker - Journey to Personal Greatness: mind, body and soul.

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