



This material is taken from the book *FINISH* by Jon Acuff which I highly recommend.

1. Write down one thing you'd like to finish – be specific:

2. Now cut the goal in half or double the timeline to complete:

3. What can you “bomb” to put more attention on finishing this goal?

4. How can the process of completing this specific thing be fun?

In order to finish, we want to embrace imperfection!

Perfectionism Lies:

1. Quit if it isn't perfect
2. You goal should be bigger
3. You can do it all
4. Fun doesn't count

Secrets to Finish:

1. The day after perfect
2. Cut your goal in half
3. Choose what to bomb
4. Have fun