

A ONE-PAGE WORKSHEET

YOU ARE CAPABLE OF **MORE.**

FINISH WHAT YOU START

Starting is common. Finishing is rare.

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STARTING IS COMMON. FINISHING IS RARE.

Most people do not fail. They leave too early.

THE IDEA

Most people do not struggle with starting. They struggle with staying. Starting runs on excitement, and excitement is a feeling, and feelings leave. Usually around week four, on an ordinary day where nothing bad happens if you skip it. Then comes the part nobody warns you about. You stop when the results are invisible, and invisible is exactly what real progress looks like in the middle.

WHAT IT IS NOT

This is not about forcing yourself to finish everything you ever started. Some things genuinely should be stopped. The honest version is that most people cannot tell the difference and default to stopping, so it is worth asking what evidence would actually tell you this is not working, as opposed to not working yet.

WATCH FOR IT HERE

- Week four, on an ordinary day where skipping costs you nothing visible.
- Six things in flight and none of them moving.
- The point in every project where the interesting part ends and the finishing begins.
- The same goal restarted every January with less energy each time.

WORK IT THROUGH

What have you started but not finished, and where exactly did the energy fade?

Where might unseen progress be happening for you right now?

What is the difference, for you, between motivation and ownership?

What is one thing worth finishing, and are you willing to stay with it after the excitement is gone?

ONE ACTION THIS WEEK

Take the next concrete step on something you left unfinished. Just the next step, not the whole thing.

WHO WILL ASK ME ABOUT IT, AND WHEN