



# 5 Minute Clarity

Volume 2, Issue 8

**"We rate ability in men by what they finish, not by what they attempt"**  
– **Harry F. Banks** (Canadian Soldier)

## Finish Stronger Than You Started

Be honest: Do you look back upon your life in regret or celebration?

If your answer is regret, then make today the day that regret ends. If you live a life of continual celebration than I encourage you to keep leading and inspiring those people around you (because you do).

Both answers boil down to the same common denominator. Your ability to finish the things that you start will always make the difference in your life. How often have you had a great idea and the next moment jumped into action excited and highly motivated to achieve your new goal or conquer a quest? (we all do it)

Then along the way, your energy just seems to die off like a plant that's gone without water for many weeks. The dream or goal is near death. You're at a pivotal point and you ask yourself, "Do I quit?"

Sometimes quitting might be the right decision for a variety of good reasons. But before you quit, I urge you to consider what you may give up, miss out or regret by quitting. You can read my quitting story about how I first quit Aikido.

Luckily, I forged ahead and pressed on to stay the course. The decision to stay training in Aikido is my third best life decision I've ever made. I cannot think about what I would have missed by quitting Aikido forever. The people I've met, friends made, places travelled, Sensei's who trained me and many memories galore... would all be nothing had I quit.

## POINTS TO CLARITY

1. Define your project:

---

---

2. What big excuse do you tell yourself as to why you haven't finished the project yet?

---

---

3. What are you missing out on by not finishing your project?

---

---

4. What would be the best outcome of finishing your project this week or month?

---

---

5. How can you make finishing the project more enjoyable?  
(clean desk, lighting, music, favorite beverage, work in a different place, supportive people)

---

---

## DECISIONS & ACTIONS I WILL COMMIT TO: