

# Why You Need to Finish What You Start

Have you ever found yourself starting a project or a task, only to abandon it halfway through? We've all been there. Whether it's due to lack of motivation, distractions, or simply losing interest, not finishing what we start can be detrimental to our personal and professional growth. In this article, we will explore the importance of finishing what you start and how it can be the key to success.

## The Power of Persistence

It's no secret that success requires hard work and persistence. When you commit to finishing what you start, you develop a habit of perseverance that can carry you through any challenge or obstacle. Thomas Edison famously said, "Genius is 1% inspiration and 99% perspiration." This quote perfectly encapsulates the idea that without persistence, even the most brilliant ideas or talents are meaningless.

When you embark on a project or set a goal, you must have the mindset that quitting is not an option. By staying determined and pushing through difficulties, you build resilience and become better equipped to handle future obstacles. This ability to persist in the face of challenges is a trait shared by many successful individuals.



## Finish What You Start: Breaking out of the "Busy Mind, Restless Body" Trap to Create a Life You Love Even with ADHD by Meggie Houle(Kindle Edition)

★★★★★ 5 out of 5

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## **The Power of Completion**

There is an immense sense of satisfaction and fulfillment that comes from completing a task or achieving a goal. Finishing what you start not only boosts your self-confidence, but it also reinforces your belief in your abilities. Each time you successfully reach the finish line, you prove to yourself that you are capable of accomplishing what you set out to do.

Additionally, the act of completion creates momentum. When you consistently finish what you start, you develop a positive cycle of productivity. Each small success fuels your drive and motivation to tackle bigger and more challenging endeavors. This momentum can be incredibly empowering and can significantly contribute to your overall success.

## **The Power of Personal Growth**

When you commit to finishing what you start, you embark on a journey of self-improvement. The process of completing tasks and accomplishing goals requires discipline, focus, and organization. As you develop these skills, you become more efficient and effective in all aspects of your life.

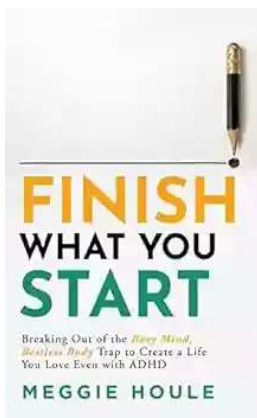
Finishing what you start also helps you develop a growth mindset. Instead of fearing failure or trying to avoid challenges, you embrace them as opportunities for learning and growth. Each task or project becomes a chance to stretch your abilities and expand your knowledge. It is through this continuous process of learning and improvement that you become the best version of yourself.

## How to Finish What You Start

The path to becoming a finisher may not be easy, but it is definitely worth the effort. Here are some strategies to help you stay committed and complete what you start:

- **Set specific and achievable goals:** Clearly define what you want to accomplish and break it down into smaller, manageable tasks.
- **Create a timeline:** Set deadlines for each task to keep yourself accountable and on track.
- **Stay organized:** Use tools like to-do lists, calendars, and project management apps to stay organized and avoid feeling overwhelmed.
- **Eliminate distractions:** Identify and eliminate any distractions that may hinder your progress. This may include turning off notifications or finding a quiet place to work.
- **Find motivation:** Determine your why and remind yourself of it regularly. Visualize the sense of accomplishment and the benefits that come with finishing what you start.
- **Seek support:** Surround yourself with like-minded individuals who can provide encouragement, advice, and accountability.

Finishing what you start is not just a habit; it is a mindset that can transform your life. By committing to completing tasks and achieving goals, you develop persistence, build momentum, and foster personal growth. So, next time you find yourself tempted to quit, remember the words of Vince Lombardi, "The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack of will."



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So many hours in the day, but never enough for you to finish all the things your busy mind comes up with!

Do you wake up excited to start your ever-growing to-do list, but go to bed with stomach-churning guilt over all the things you didn't get to? You are ambitious and have big plans for your career. You are versatile and pick up new skills on the go. You love your friends and family and want to spend quality time with them. But you're exhausted and can't seem to find a routine you can stick to. Perhaps you've been diagnosed with ADHD and are still looking for ways to manage it. You feel like you're dropping the ball all the time.

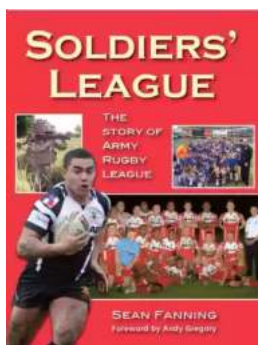
It's time for you to learn new ways to focus and simply get things done. It's time to finally go to bed with a sense of accomplishment.

In Finish What You Start, Meggie Houle, a certified hypnotherapist, shares her journey of learning to follow through and becoming the expert she is today.

In this guide, you will learn how to:

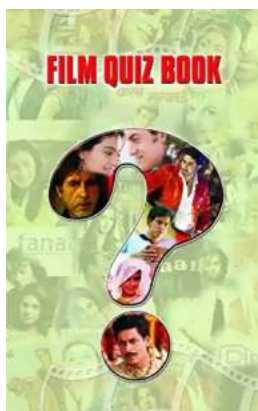
- Stop procrastinating and start doing more in less time
- Stay focused until you're done with a task
- Apply simple mind-management tools in your everyday life
- Remove the deep, subconscious blocks that keep you from living the life of your dreams
- Quiet your busy mind and self-regulate your emotions
- Set realistic goals

If it's finally time for you to unlock your full potential, a well-managed day of success is only a read away.



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