HOW TO FINISH STRONG (EVEN WHEN YOU FEEL LIKE QUITTING)

212-Careers

You've had enough. You don't think you have any more to give. You are proud of your hard work, but you came up just a little short of the finish line. Others have noticed your Herculean efforts and say they don't blame you for quitting, because you have done so much already.

Do you give in, or harness some hidden reserve just waiting for you to succeed?

Many people give up in this situation. They rationalize that they have done everything they can. That might be true, but we want you to remember a similar experience. Revisit a time in your mind when you felt like giving up, but you didn't.

How did that feel? Whether you succeeded or not is not the point. You felt amazing because you channeled some reserves you didn't

know you had, and you kept going when you thought you couldn't go another inch.

That's proof that you can do it again. You have what it takes if you are faced with taking another step when that seems impossible. Remember the following considerations to help you push through in the final stages of a project when everything is telling you to quit.

You Can't Guarantee Results, but You Can Guarantee Effort

You might face a difficult situation when finishing a project or task. You can't guarantee the outcome, but you can always guarantee how much effort you put in. Remember this to discover the self-discipline needed to keep going in the face of difficulties.

If you keep going when you feel like quitting, your persistence will be rewarded. Nothing succeeds like persistence, which means that as long as you focus on making an effort, even when you would like to take a day off, you will eventually succeed.

Think about How Much You Have Given So Far

Focus on all you have done. Does it really make sense to give up when you are so close to success, considering how much time, energy, and resources you have expended to get to this point? Reminding yourself of the sacrifices you have already made can empower you to push harder when you can see the end in sight.

Reward Your Efforts Regularly

It's important to reward effort, not just positive results. Your efforts are the only things you can control. Results will sometimes disappoint you, but the pride and confidence you gain from making an effort when it's difficult will never disappoint you.

Choose Your Pain

Failure stinks. It doesn't feel good to be stopped short of the goal line. Losses, setbacks, hardship, and mistakes can trigger bad feelings. While that might not feel great, it's a sign that you expect much of yourself. That's a good thing.

You feel down because you didn't achieve the results you were looking for. Remember when this happens. Store it firmly in your memory banks for on-demand recall. The next time you decide to stop short of completing some project or task, remind yourself of those feelings.

> *Pushing forward when you don't feel like it delivers the pain of discipline. Will you choose that over the pain of regret for not trying?*

Life is all about choices. Failing feels bad. Guess what else feels bad? Not trying and not giving your best effort. You feel lousy when you realize that you gave up without making a final push just because you were having a tough day or didn't feel like making an effort.

You can finish strong by picking your poison, even when you don't feel like making much effort. Will you choose the pain of regret and shame triggered by not making an effort and failing? Or will you choose the pain of discipline winners encounter when they keep pushing until they succeed?
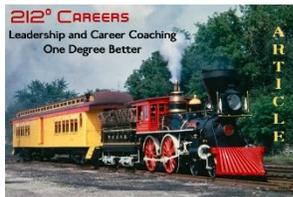
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