



FINISH THE YEAR STRONG

“It’s not how you start the race or where you are during the race, it is how you cross the finish line that will matter.”

- Robert D. Hales, American businessman



TIP #1: CENTER THE MIND

Mindset and mindfulness are terms that are taking center stage in the business world as ways to be more productive and overcome personal and professional challenges. Both of these practices give credence to meditation and its ability to help with focus.



TIP #2: BECOME MORE SELF-AWARE

It is my belief that everything starts with self-awareness. Before we can be a better communicator, coach, mentor, manager or leader, we must be cognizant of what we do well (strengths) and where we need improvement (opportunities or “blind spots”). To do this, we must gain insights through personality inventories that can tell us more about these strengths and blind spots.



TIP #3: LOOK FOR SILVER LININGS

When faced with extreme forms of adversity, it’s crucial to uncover “small wins” or “silver linings.” The first thing to do is redefine success. It may be necessary to rewrite your personal and professional goals and include milestones that celebrate the small wins on the way to the larger goals. This will help you stay focused on your ultimate, long-term goals and not get frustrated or complacent.



TIP #4: BUILD MOMENTUM

Following your passions and tapping into your talents and capabilities are both key to building momentum. By focusing on helping employees uncover and demonstrate proficiency and leveraging aspects of Tips 1-3, momentum can be accelerated.



TIP #5: PAY IT FORWARD

Remember where you came from and give back in some capacity, whether it be financially or through the donation of your time. We read about “feel good” stories all the time of people who make financial contributions to their alma mater or a cause they support. Others feed the homeless or go on mission trips in an effort to assist the less fortunate and bring communities closer together. Use your talents to help others who are aspiring to do something greater or just want to learn, grow and develop. You have special gifts, so make sure you share them!

To view the entire blog and gain additional insights and access to resources, [click here](#).