

# Finish

by Jon Acuff

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A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

<sup>01</sup> **Cut one active goal in half**

Pick a goal you still care about and reduce the target by 50 percent. Keep the deadline. The point is not lower ambition; it is creating a finish line your real week can reach.

MON TUE WED THU FRI SAT SUN

<sup>02</sup> **Write your secret rules**

Complete this sentence five times: 'It only counts if...'. Then cross out any rule that makes the goal heavier without making it truer.

MON TUE WED THU FRI SAT SUN

<sup>03</sup> **Choose three things to bomb**

Name the roles, metrics, chores, or expectations that will receive B-minus effort while this goal finishes. Put them where you can see them before guilt gets creative.

MON TUE WED THU FRI SAT SUN

<sup>04</sup> **Add fun before motivation disappears**

Attach one enjoyable detail to the process: a playlist, a location, a friend, a ritual, a silly reward, or a public scoreboard. Make returning easier.

MON TUE WED THU FRI SAT SUN

<sup>05</sup> **Track facts for seven days**

Record attempts, completions, misses, and restarts without commentary. At the end of the week, adjust the plan from evidence instead of shame.

MON TUE WED THU FRI SAT SUN

<sup>06</sup> **Declare an ugly finish date**

Set a date when the first useful version will be done, even if it is plain, awkward, or smaller than imagined. Done needs a date more than it needs a mood.