

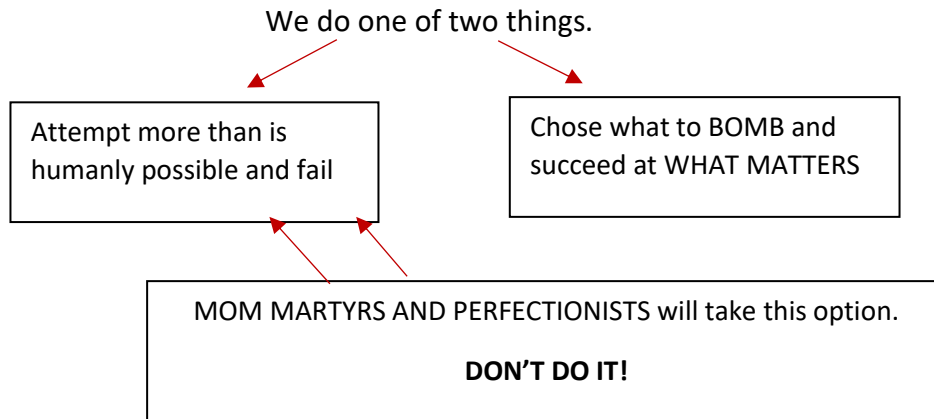
Bold Book Notes – Finish by Jon Acuff

We typically don't finish because we feel like if we don't do it PERFECT – we should just give up.

Language matters “My plan got derailed” That’s serious. This isn’t life or death.

1. Embrace imperfection (Done is better than perfect)
2. Move forward IMPERFECTLY
3. Reject the idea that the day after perfect = failure (You get to try again!)

GOAL = a promise to yourself. If you don't reach the goal = breaking that promise to yourself. If you break enough promises to yourself, you create SELF-DOUBT.



WILL YOU CHOOSE **SHAME** OR **STRATEGY**?

Have you been choosing to do more than is possible and beating yourself up for not being able to keep up?

“I should be able to handle all this”

MOMS – this thought feels honorable and noble (Mom Martyr).

This is us wearing our BUSY BADGE.

Say NO to shame when something fails and choose a STRATEGY instead.

Don't let perfectionism torture you.

“Strategic Incompetence” = Decide what you are NOT going to be good at (what you are going to BOMB).

- These are the trade-offs you will make and boundaries you will set so that you can leave room for the stuff you want to be good at.

MOM EXERCISE:

What is your list of “Strategic Incompetence”? What are you planning to BOMB?

- My List of things to BOMB:
 - PTSA Involvement
 - School Volunteering
 - Bringing anything besides paper goods, plastic flatware, chips or bottled water to pot luck sign ups
 - Group fitness classes
 - Consistent house cleaning
 - Instagram, Twitter, Snapchat, personal Facebook page

Once you have your list – MAKE PEACE WITH IT!

Your list can change over time

Just say NO! It means saying YES to yourself

If you can't STOP entirely – then SIMPLIFY

- Identify where you can simplify
 - Boys doing chores
 - Simple meals, large batch meals, leftovers, etc.
 - Other Examples: Can't just stop making meals for the family – but you can institute “sandwich night” or “Little chefs’ night” – (when your kids are responsible for meal prep).
 - Can let the toilets go to far past disgusting – simplify by pouring bleach in the toilets and fill sinks with water and bleach and let sit over the course of the day. Flush/let the water run out and things look and smell cleaner.

Make it FUN if you want it DONE

- Joyless goals fail
- Ask yourself this question for every goal: “How could this goal be MORE FUN?”
- Fun is important! (And believing this helps squash perfectionism and abandoning goals)
- Fun comes in 2 forms – know which of these works best for YOU:

REWARD MOTIVATION: Go TOWARDS the goal and include personal prizes along the way

FEAR MOTIVATION: Use it, give yourself many little deadlines

- UNDERSTAND: we ALL need motivation to reach goals (***This includes your kids, moms! Talk to them and see which of these motivations works best for THEM. Then USE THAT to get them closer to the expectations (that are reasonable considering their age, abilities, temperament, etc.)***)
- Cut your goal in half!
- Finish this sentence... “This is weird, but I find _____ FUN!”
 - Find a way to incorporate that into your goals – either through reward motivation (you’ll get to do whatever THAT is at the end of your goal).

“What’s next?” will always look more interesting than “What’s now”

- Put new ideas and goals at the finish line of your current goal
- Use them as a reward

In the middle of your goal ask:

- Could things be easier?
- Could things be simpler?

If you want it DONE aim for SIMPLE

Moms: What is it that you want done?

- Example: Want to lose weight
 - Complicated path – track every calorie / fit bit app, weigh every day
 - OR
 - Simple: Only eat sugar on special occasions, eliminate processed foods on Weekdays, don’t eat past 7pm, etc.

Moms: Are you over focusing on your kids because you are afraid to admit your goals matter too?

Do you have SECRET RULES?

- Examples:
 - For something to count, it has to be difficult.
 - For “work” to be valid, I have to get paid for it.
 - I’m only contributing to my family if I bring in income.
 - As a SAHM, my job is all the house work and parenting and I should be able to do it all since I’m not the one bringing home an income.
 - For something to be a success, it has to have a result.
 - You can’t just enjoy the process without achieving a specific worthwhile result.
 - If it doesn’t come easy, its’ not worth doing
 - Winners never quit

Step 1 – Identify your “Secret Rules”

- Smoke out your “Secret Rules”
 - Do I even like _____ ?
 - What is my REAL goal? (think of your Life Essentials) is it to learn/ Experience it? Enjoy it? (Example – being healthy vs. being a size 6)

Step 2 – Destroy your “Secret Rules”

- How? By asking “What does that even mean?” and “Who says?”

Step 3 – Replace your “Secret Rules”

- How? By thinking a NEW THOUGHT!

Other things to consider....

- Does the method I'm using match who I am?
- Don't pursue the right goal in the wrong way (example: workout at home or as part of a class?)
- Is it time to quit?
 - There are some things you can't learn till you try them.
 - I learned I didn't like running for exercise after training and running a ½ marathon – never ran again
- FINISHING A GOAL YOU HATE IS NOT A WIN

Perfectionism can't stand self-awareness

- Know and accept your limitations
- Don't fall for the promise of perfect performance

Productivity Hacks:

- Limit your work
- White noise helps focus
- Turn off internet access
- Have a well-defined deadline
- Go to a neutral site where no one knows you
- We don't ever age out of needing someone to believe in us.... SO GET SUPPORT!