

Start Finishing Discussion Questions

CHAPTER 1

1) Describe your **best work**.

2) Given that we live in **project world**, list some of the 3-5 year projects you have had in your life.

3) What stories prevent you from doing your best work?

CHAPTER 2

1) Identify at least 3 parts of your **air sandwich** that you want to work on. List the challenge and describe the specific way it shows up in your life.

2) In which of the **5 keys** do you need the most practice?

3) Which of the 5 keys are you strongest in? How can you leverage this key to do your best work?

4) On page 32, Charlie illuminated the difference between the **smartest next step** versus the **most courageous next step**. Thinking of your top 3 most important projects, what was your most courageous next step?

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CHAPTER 3

1) Think about a time in your life where you were stuck with **creative constipation**. What had you stuck and how did it feel?

2) What gifts have you received from a recent or important failure? Be descriptive.

3) What project do you need to drop to trade up to a better one? What is needed to let it go?

CHAPTER 4

1) For the **best work project** you are considering doing, what does success in that work look like in the world (describe and quantify if you can)?

2) List 3 beneficiaries for your best work project and how they will be better off when it is done.

3) Of the 5 steps to using your **success pack**, which one is challenging you the most? How will you address this challenge?

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CHAPTER 5

1) For this month, what are your 5 projects (per the **5 projects rule**)? (remember personal projects count as projects.)

2) During an average week how many **focus blocks** do you currently have? How many do you need to have to fuel your 5 projects? How can you change your schedule to increase the number of focus blocks you have available?

3) Do you need a different kind of block than the four listed in this chapter? Why do you need it? What does it enable you to see better?

CHAPTER 6

1) List 3 of your **GATES**, including at least one that is not a “standard” professional GATE (i.e. curating music or solving puzzles).

2) What’s the ideal budget for your project? Is there a way you can make that ideal budget a real budget? If not, how close can you get to it?

3) Keeping in mind the number of focus blocks you have available, is there a realistic deadline that you can put on your project that helps you better use those focus blocks?

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CHAPTER 7

1) Of the 3 **no-win scenarios** which one challenges you the most? What does your version of that look like? What's the story you're telling yourself?

2) List 3 **OPPs** that distract or challenge you? Describe actions you could take to start limiting their influence on your TEA (time, energy, and attention)? This may be a good time to review the section in Chapter 2 on boundaries to help with this.

3) List up to 3 **derailers**. How might you interact with them so that they have less ability to derail your project?

CHAPTER 8

1) List up to 3 factors that are currently in your work environment that are not supporting you in doing your best work? List specifically what you will do to change them.

2) What is a current **frog** for you? Write down specifically what it is and when you will complete it.

3) Identify the best times of day and days of the week for you when you are in your "best work" frame of mind. These should be your focus blocks. What, if any, changes do you need to make to your schedule to harness this best energy?

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CHAPTER 9

1) How do you celebrate your **small wins** regularly? If you don't right now, what specifically can you do to acknowledge the hard work you are doing along the way to reaching your larger goals?

2) What **routines** do you have set up for yourself to support your best work? If don't have routines, what can you start this week? (Remember that starting small is great!)

3) What are 3 **distractions** that you use that get in the way of doing your best work? How might you start to take steps to minimize or eliminate them (remember to be specific)?

CHAPTER 10

1) Describe in detail how you will run your **victory lap** when you finish the project you have chosen.

2) What **CAT** work do you know will be most beneficial for you upon completion of this project? List it here so when it's time you know what to do.

3) Where will your **AARs** live so that when it's time to start your next best work project you are using what you learned from your prior projects to help guide your way?
