Start Finishing Discussion Questions

CHAPTER 1: "SOMEDAY" CAN BE TODAY

1) What does **best work** mean to you? What past projects fall into this category?

2) What have your past best-work projects shown you about yourself?

3) What bridges did your past best-work projects create for you?

CHAPTER 2: GETTING TO YOUR BEST WORK

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?

Start Finishing Discussion Questions

CHAPTER 3: PICK AN IDEA THAT MATTERS TO YOU

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

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: CONVERT YOUR IDEA INTO A PROJECT

1) How is your goal **SMART** (simple, measurable, actionable, realistic, and trackable)?

2) For the **best-work project** you have chosen what does success look like? What is needed to reach this level of success?

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

Start Finishing Discussion Questions

CHAPTER 5: MAKE SPACE FOR YOUR PROJECT

1) Keeping the **Five Projects Rule** in mind, what are your projects for this month? Remember to account for both professional and personal projects and you don't have to fill all 5 project slots.

2) Where have you identified **focus blocks** on your schedule? What steps will you take to hold that space open to work on your project? Remember: focus blocks fuel your best work.

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: BUILD YOUR PROJECT ROADMAP

1) List 3 of your **GATES** (genius, affinities, talents, expertise, and strengths), including at least one that is not a "standard" professional GATES (i.e. curating music or solving puzzles).

2) What support and tools might you need to complete your project? Do you have the funds to cover these expenses?

3) Who are your collaborators? Have you accounted for **relay time**? When and how will you manage any project hand-offs?

Start Finishing Discussion Questions

CHAPTER 7: KEEP FLYING BY ACCOUNTING FOR DRAG POINTS

1) What is a **no-win scenario** you have created for yourself? What actions can you take to address this?

2) What **OPP** (other people's priorities) do you need to account for? What actions can you 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: WEAVE YOUR PROJECT IN YOUR SCHEDULE

1) List up to 3 factors that are currently in your work environment that are not supporting you in doing your best work. What can you 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?

Start Finishing Discussion Questions

CHAPTER 9: BUILD DAILY MOMENTUM

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 you don't have routines, what can you start this week? (Remember that starting small is great!)

3) What are 3 **distractions** 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: FINISH STRONG

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

2) What **CAT** (clean up, archive, trash) 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** (After Action Review) 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?