



## Finish: Give Yourself the Gift of Done

*Jon Acuff*

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# Finish: Give Yourself the Gift of Done

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**Finish: Give Yourself the Gift of Done** Jon Acuff

**From *New York Times* bestselling author Jon Acuff, a book for those who want relief from always starting and never being done.**

Jon Acuff, sought-after speaker and consultant, is the friend who always gives you great advice. With his self-deprecating humor and charm, he has won over hundreds of thousands of followers, who come to him for both encouragement and a kick in the pants. Now, after showing you how to reboot your career in his *New York Times* bestseller *Do Over*, Acuff shows chronic starters how to actually finish their goals in an age of bottomless distractions and endless opportunities.

Acuff knows the reason why many writers' novels go unfinished--it's the same reason why gyms are filled in the first week of January, and empty by the end of the month, and why people stop learning a new language once they get past the easy parts. It's not just that people lose momentum or get distracted. People give up on projects when they fail to live up to their own high expectations and decide that if they can't do something perfectly they won't do it at all. If you're going to finish, you have to kill perfectionism.

Drawing on his popular 30 Days of Hustle course, Acuff teaches readers to short-circuit perfectionism and make it through to the end of a task. Whether it's by -choosing what to bomb- or -cutting a goal in half, - he shows readers how to move past -the day after perfect, - get focused, and--finally- finish.

## Finish: Give Yourself the Gift of Done Details

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## From Reader Review Finish: Give Yourself the Gift of Done for online ebook

### Leandra says

Excellent book for all those perfectionists out there! We are many!

Jon Acuff does an excellent job of how perfectionism tends to cause us become paralyzed thus not achieving our dreams. He teaches us how to overcome that mindset.

Each chapter is excellent but a few that stuck me are are cut your goal in half or extend the time it takes to meet the goal. I did that with a couple of items I am working on and the relief of pressure actually helped me do bomb.

Also choosing what to bomb. When we are prioritizing goals, there are things that we will no longer have to time to do as a result. We can't be perfect!

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### Jenny Baker says

Wow, this book got me thinking about how I think, and that's always a good thing. These are some of my favorite points in the book and apologize for the length.

\*\*\***Spoiler Alert**\*\*\* --> Warning, I'm about to ramble.

*"If you want to finish, you've got to do all that you can to get rid of your perfectionism right out of the gate. You've got to have fun, cut your goal in half, choose what things you'll bomb, and a few other actions you won't see coming at first."*

There are **four lies that perfectionism tells you:**

**Lie #1:** Quit if it isn't perfect.

This one is why most people fail at reaching their New Year's resolution. They're full of motivation and optimism at the beginning, but as soon as they mess up, they give up their goal.

*"The moment you create that goal, you've made a silent promise. When you don't finish it, you've broken that promise. You've lied to the person you spend the most time with. You. If you break enough promises, you start to doubt yourself."*

That quote really got my attention. This is why people are so full of self-doubt. We keep saying to ourselves that we're going to do something and then we don't. Repeatedly. If you can't count on yourself, who can you

count on?

**Lie #2:** Your goal should be bigger.

Cutting your goal in half encourages you to do more. If you can't cut your goal in half, then double your timeline. It would seem less daunting to say that you want to lose 10lbs. than saying you want to lose 20lbs. When you reach your 10lbs. loss, start again.

**Lie #3:** You can do it all.

I love this one. The author suggests that we choose what to bomb and succeed at a goal that matters.

*“The thing you choose to bomb or miss out on doesn't have to be massive or permanent.”*

These are some things you can choose to bomb and they're a combination of the author's suggestions and my own.

- Keeping up with TV conversations
- Keeping up with celebrity gossip
- E-mail
- Facebook, Snapchat, etc.

**Lie #4:** Fun doesn't count.

Reaching goals doesn't have to feel like military boot camp. You can enjoy the journey and still reach your destination. Determine if you're reward motivated or fear motivated. Does the prize associated with reaching your goal motivate you or are you trying to prevent an undesirable outcome?

I love the chapter about the **distractions of perfectionism. One is hiding places. This is an activity you focus on instead of working towards your goal.**

If you're not sure of your hiding places, think about the apps you open up on your phone without even thinking or the websites you start browsing your computer.

*“Do you have to play Six Degrees of Kevin Bacon to justify why you're giving it time? If you ever have to do a complicated, multistep explanation to say why what you're doing is valuable, it probably isn't. You're probably actually camping out in the kind of hiding place that masquerades as productivity.”*

**The other distraction is noble obstacles. This is that righteous reason you give for not working toward a finish.**

*“At the heart of it, a noble obstacle is an attempt to make your goal harder than it has to be so you don't have to finish, but can't still look respectable.”*

Oh my. I'm so guilty of that. I'm one of those aspiring writers who tells people that I need to read the 50 best novels of all-time before I can work on writing my next novel. God, I'm so full of excuses!

We say we can't start on our goals. "until" we do x, y, and z, because we want to make sure everything is ready. Really, we're just being lazy. Or, some people use the "if...then" excuse such as "If I start lifting weights, then I'll get too bulky." This one really annoys me when I'm talking to people about reaching fitness goals, especially women. Do you have any idea how hard it is to build muscle? I wish it were that easy! You don't just accidentally get muscular. You have to train your ass off to achieve that muscle. Trust me. I've learned that the hard way and I *still* don't have the fitness physique that I want.

**We intentionally make things harder on ourselves. People who reach their goals find ways to make things easier on themselves.** If you want to lose weight and start exercising every day, then you could put your gym clothes out the night before or make sure your gym bag is packed and by the front door.

**We all have secret rules.** These are the rules that we unconsciously follow that sabotage our own efforts. They're the big roadblocks that prevent us from achieving our goals, but we don't realize it. One example is, "If I'm not miserable, I'm not doing something productive." Or, maybe you secretly think that success is bad or that wealth will make you a greedy, shallow person. None of these is true, but maybe you've created these secret rules out of fear. We all do it. There's no shame. We just have to tell our fears to STFU and keep moving forward.

There's so many other helpful advice in this book, so I highly recommend that you read it.

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## Nicole Conlan says

I thought this book was totally fine, and an easy read, but nothing particularly revelatory. Maybe it's because over the past year or so I've gotten much better at finishing what I start, so nothing here was particularly groundbreaking, but I could see how this would be useful to past-me, when I had a thousand incomplete projects. Also didn't love the trying-to-be-funny tone. You know that CoCo Chanel quote about taking one accessory off before you leave the house? I wish the author had done that with jokes and pop culture references.

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## Casey says

Anyone else have a book inside you? Anyone else have a dream that maybe you've started a hundred times or more...but never really quite completed? Anyone else chased by the spectre of perfection, that mean ugly voice that says if you can't do it perfectly, why bother?

This book is for you, then. Dream, yes. But DO. The world needs to hear your voice.

Now pardon me while I go write.

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## Lauren says

Where are my fellow recovering perfectionists at? This one's for us!

First of all, Jon Acuff's writing is a breeze to read because of how gosh darned funny he is. My margins are littered with the words "ha ha" and deranged smiley faces from all the moments that had me snickering. (I had to read the bit about Taco Bell aloud to my husband. It had us rolling and could have been delivered as stand-up.)

But amidst all of his laugh-out-loud humor is real practical, actionable advice for how go from being a chronic starter...to a consistent finisher. For example, cut your goal in half! Have fun (gasp!). Get rid of your secret rules. (To name a few.)

Also, I really appreciated how he personifies perfectionism as "the ultimate villain"—so sneaky, so deceptive—willing to do whatever it takes to keep you from finishing your big projects and accomplishing your goals. There's something about viewing my perfectionism as a physical enemy that empowers me to want to stand up to her. To tell her she has no business hanging around my goals this year. Not when I have a marked up copy of "FINISH" that I actually finished. First goal of 2018...crushed.

**Favorite Quote:** "Starting is fun, but the future belongs to finishers. Ready to be one?"

Now I am.

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## Shannon says

Woowhee did I see myself in this book! Learned a lot - highly recommend!

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## Elizabeth Trader says

What a funny, inspiring, and practical read! This was a great book to start off the new year with, and I feel \*much\* more equipped to tackle some goals for the semester. I admire Acuff's authenticity as well as the amount of research he included. I would absolutely recommend this book, especially to those with perfectionist tendencies.

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## Hope Eifert says

I love self-help books, and I usually get some good take-always, but every once in a while, I discover one that is a game-changer for me--like this one. I am a chronic starter (and daydreamer) and this book completely resonated with me. He identifies all the sneaky ways we let perfectionism sabotage our goals, and he's funny and relatable along the way.

I don't re-read books too often, but I'm already planning to read this one 2-3 more times this year. It was totally exactly what I needed.

## Charmin says

Highlights:

1. Strategic incompetence - choose to suck at something that drains energy.
  2. Data kills denial.
  3. Perfectionism shows us a distorted view of the world.
  4. Fear or victory - pick which one motivates you and add it to as many tasks as possible.
  5. Perfectionism gets louder only when people get moving.
  6. Expose your hiding place: if something is stealing from your reserves, eliminate it.
  7. Perfectionism is a desperate attempt to live up to impossible standards.
  8. Data tells us the truth.
  9. Secret Rules - falsehoods we tell ourselves that make our goals impossible and we should give up on our goal.
  10. The future belongs to finishers.
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## Elizabeth says

Acuff's best book, by far. The research that went into the examples here is relatable. The advice is practical and can be implemented right now without extra time or money. Tons of added humor and zero fluff. Loved it!

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## Kimberly Gordon says

THIS WAS SO GOOD FOR ME! I've read a bit about my personality type, and know enough that I'm \*pretty\* Type A, and do a lot of things out of a motivation of perfection. So pretty much everything Jon had to say in Finish about setting goals and finishing them-not perfectly, but finishing, was convicting for me. He's super funny, as usual, and that makes it enjoyable to read, but his wisdom about how to finish goals by cutting them in half somehow, intentionally choosing to bomb certain things to accomplish others (because you can't do everything, who knew?), making things fun (goals don't have to be difficult??), and getting rid of "noble obstacles", hiding places, and our "secret rules" really helped me to get to the heart of what I want and why instead of getting side-tracked by maybe good, but less important things. That said, whether you have a similar personality to me or not, if you have any kind of goals or want to, I think this book will have something to say to you.

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### **Zen says**

It actually felt great to finish this book. The best thing about this book is it has helped me to understand where the "mental blocks" I kept running into were coming from and how to circumvent them. I've already incorporated many things from the book into my daily life and I've been more productive recently than I have in months. It's nice to actually have actually completed some of the things I'd started and never got around to. Definitely worth the read, and I will most likely reread this again in the future.

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### **Jessica says**

I found this book to be so helpful! It details practical steps you can take to increase your productivity. It talks of self awareness and self evaluation a lot. I loved it. I'm considering buying a copy for everyone on my team.

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### **LK says**

Well, I finished. So that's a start.

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### **Erin says**

I am a starter. So many projects half done, so many books half read... This book is perfect for people like me who have NO trouble getting started, but get tripped up or slowed down on the way to the finish. I want to get things done in 2018 and Jon Acuff gives the tools and motivation (and laughs) I need to get there! A lot of the exercises and questions really messed with me in a good way because they forced me to deal with fears and excuses I hadn't fully realized were there. I'll be referring back to this book often!

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