



What Do You Want to Finish?

By Kim Radison, SPHR

What have you started lately that still needs to be finished? A half-finished basement project, a few pictures to put in the scrapbook, a pile of old clothes to be donated to a needed charity? Why haven't you finished these projects? What's stopping you?

Day in and day out, I make myself a cup of coffee that I never finish. At the office, I pour a full cup every morning at 7 a.m., and every afternoon at 4 p.m., I dump the full cup down the drain. On the weekend, I fill my favorite mug with a fancy flavored coffee, I reheat twice throughout the day, and then I pour it down the drain. Every day, it's a little something that I am disappointed that I never take the time to enjoy or complete. So, I sat down last weekend, made myself a full cup of coffee, and read the newspaper until I finished it. Having two small children and a hectic work schedule, I felt like I had just won the Boston Marathon or the Tour de France.

More importantly than finishing that cup of coffee, though, is that I made a commitment to myself over the weekend. I will quit pouring that cup of coffee everyday that I never finish. Besides being wasteful, it's just one more unnecessary distraction I create and leave unchecked on a never-ending "to-do" list. Why do this to myself? Why create one more task that I know I will fail at on a daily basis? Albert Einstein said "Insanity (is) doing the same thing over and over again and expecting different results." What do you put on your to-do list everyday that is always left unchecked? Take a few minutes to look at that list. Then, either dedicate the time to finish it, or take it off your list completely. Then revel in the sense of accomplishment with a hot cup of coffee.