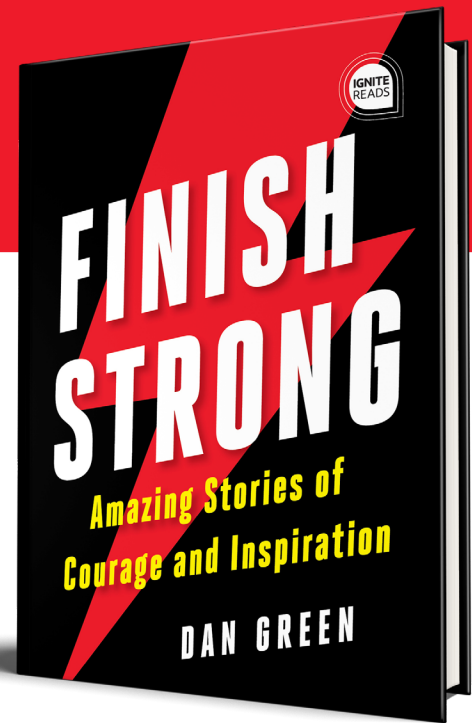


Spark Impact in Just One Hour

Value-Building Experiences  
by SimpleTruths.com



## A Guide for Performing at Your Highest Level:

*Finish Strong*

By Dan Green

Includes printable worksheet for meeting participants

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## BOOK DISCUSSION QUESTIONS

### Attitude

1. A positive attitude is like a nuclear reactor powering your will to be the best you can be. When you find yourself being challenged to maintain a positive attitude, what do you do to lift it up?

### Choice

2. The centerpiece of the *Finish Strong* attitude is the belief that “It’s not what happens to you that matters, but how you choose to respond that does.” We all have our *Finish Strong* moments—that nanosecond moment where you have to decide whether to move forward in the direction of your objective...or quit. Think of the last time you had a *Finish Strong* moment and chose to move forward. How did you do it? What thoughts ran through your mind at that moment that empowered you to finish strong?

### Courage

3. It has been said that courage is not the absence of fear, but rather the ability to hold onto fear longer than you thought possible. When was the last time that you found yourself in a situation that required you to hold “on a little longer” in order to achieve the results you wanted? How did you keep your focus on the goal in spite of the fear you were feeling?

### Discipline

4. A critical key to success is maintaining consistency of purpose. How do you keep yourself on track when pursuing a long-term objective?

### Faith

5. Maintaining one’s faith in spite of adversity can be one of the most difficult achievements we ever face. Faith is a subjective feeling and typically associated with spiritual desire. But, faith is also a critical component to achieving success professionally and personally. We have to have faith in people, processes, and ourselves. What has challenged your faith over the past year and how did you keep the faith?

**“It’s not what happens to you in life that matters. It’s how you choose to respond that does. Always choose to Finish Strong.”**

**—Dan Green**

**Contact us to learn more or tell us about how this Discussion Guide sparked impact for you and your team!**

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