



FIVE KEYS AND FIVE CHALLENGES

FIVE KEYS: Read through the descriptions of each of the Five Keys in *Start Finishing*, pages 26-35. Then rate yourself in each area on a scale of 1-5: 1 = rarely, 2 = occasionally, 3 = sometimes, 4 = fairly often, 5 = consistently

Key:	Rating:
Intention	
Awareness	
Boundaries	
Courage	
Discipline	

FIVE CHALLENGES: To see which challenge(s) might give you particular trouble, use your self-appraisal scores from above to generate a score for each of the Five Challenges:

Challenge: Align Competing Priorities	
Associated Keys	Rating From Above
Awareness	
Discipline	
Boundaries	
<i>Final Score</i>	

Challenge: Overcome Too Few Resources	
Associated Keys	Rating From Above
Awareness	
Courage	
Discipline	
<i>Final Score</i>	

Challenge: Take Out Your Head Trash	
Associated Keys	Rating From Above
Awareness	
Courage	
Discipline	
<i>Final Score</i>	

Challenge: Get Your Team to Work With & For You	
Associated Keys	Rating From Above
Awareness	
Boundaries	
Courage	
<i>Final Score</i>	

Challenge: Remove the No from No Realistic Plan	
Associated Keys	Rating From Above
Intention	
Awareness	
Discipline	
<i>Final Score</i>	

Based on these scores, which of the Five Challenges are most likely to trip you up?

And which Keys do you most need to practice, to make into habits will help you overcome the Five Challenges and close the Air Sandwich gap?