



THE  
**FINISHER**

*By Mike Vardy*

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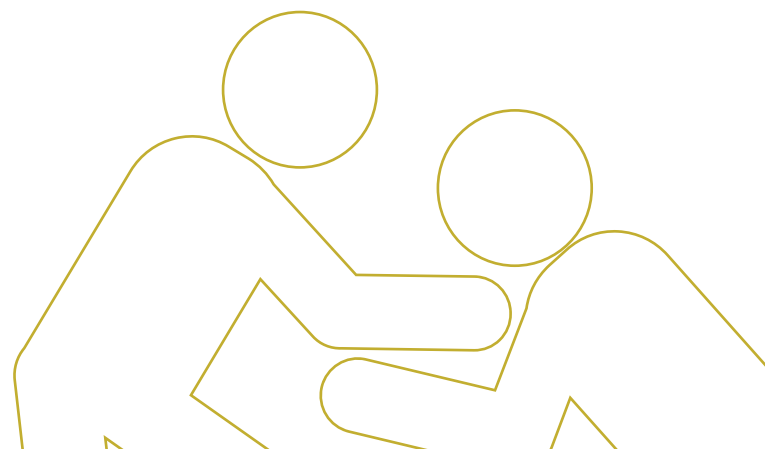
# Introduction

## **Introduction**

*"Everything ends; you just have to figure out a way to push to the finish line." - Jesse Itzler*

*I've built this guide to do exactly what Jesse suggests: give you that push to the finish line.*

*In the true spirit of TimeCrafting, The Finisher is designed to be simple, flexible, durable, and sustainable. That means you can use what I share in this guide at any time of year and for anything that you want to finish strong.*



# Introduction



## **Introduction**

*The exercises are simple, too. I don't want you to get bogged down in details doing this. I want you to be able to finish whatever it is that you want to finish in the best way possible. And that includes everything I share in *The Finisher*.*

*If you've been keeping up with me online for a while, then it won't come as a surprise to you that I'm a pro wrestling fan. And the name **"The Finisher"** comes from the pro wrestling lexicon. It's the move that one wrestler performs on another with the intent of ending the match. When executed correctly – which includes technique and timing – the wrestler that delivers their finisher usually comes out on top.*

*The Finisher is going to help you do that... but without taking all of the bumps and bruises that wrestlers do along the way!*

*I've divided this guide into three elements that will help you finish strong. They are as follows:*



# Elements

## Elements

**The Set Up Move:** *This is all about getting things in front of you. Essential elements that will make you feel accomplished to a greater degree.*

**The Signature Move:** *This is your unique stamp – or chef's kiss – on the thing that you are trying to finish... be it a year, a month, or even a project.*

**The Finishing Move:** *This is when you decide what the final task is that you are going to do to close out whatever you're trying to finish – and then you execute that task to wrap things up.*



# 4 What If



## **What If...?**

*Now here's the thing: You need all three of these elements to really finish strong. The Set Up Move shows you everything that you absolutely must do to make it happen. The Signature Move shows you that extra bonus that'll make you feel much better about the finish as a whole. The Finishing Move is the final blow. It's the thing that puts it – the thing you're trying to accomplish – away for good!*

## **But what happens if you only do two of the three elements?**

*If you only do The Set Up Move and The Finishing Move, you'll wind up with more of a period than an exclamation point when you close things out.*

*If you only do The Signature Move and The Finishing Move then you will likely wind up with more sizzle than steak– more style than substance in the end. You can get away with that every once in a while, but if you end up missing things along the way it will catch up with you sooner or later.*



# Get Started

## **Get Started**

*If you only do The Set Up Move and The Signature Move then you'll feel as if you've left yourself hanging. The finish will never truly arrive. There will be this feeling of want or uncertainty, which is not what you want when you're finishing anything... let alone finishing anything strong.*

*Ideally you need to put all of these elements – The Set Up Move, The Signature Move, and The Finishing Move – in place and you can finish anything better than ever.*

*Ready to start finishing  
stronger than ever?*

**Let's get started.**





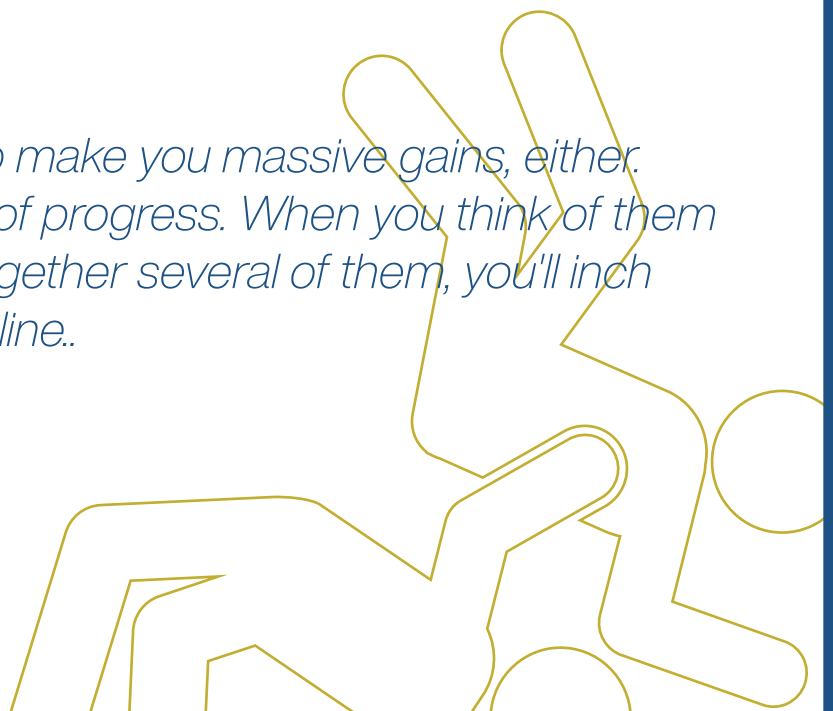
## **The Set Up Move**

*In professional wrestling a set up move is a transition move of sorts, designed to put an opponent in position for a big maneuver that can do a lot of damage. In the context of this guide, you use a set up move – or moves – in the same way. They are fundamental things you need to do to work your way towards completion.*

*Your set up move(s) will be different, not only for every project you're trying to complete but will be different than anyone else's. As in pro wrestling, while there are some common set up moves used by different wrestlers, each wrestler has their own distinct move set.*

## **And so do you.**

*Set up moves aren't going to make you massive gains, either. They are simply small steps of progress. When you think of them like that and start to string together several of them, you'll inch your way closer to the finish line.*





# Exercise



## **EXERCISE**

*Take a look at one project that you want to finish. Grab a sheet of paper and divide it into three columns, making sure the first column is the widest of all three. In the first column, break that project down into as many tasks as you can - into its smallest particles. You'll find that this project will happen in fits and starts. So, either set a timer to limit how long you'll take to do it or simply sit with the friction as it happens and work your way through it as it eases.*

*Once you're done this first part of the exercise, look at all the tasks you've listed and use the second column to indicate which tasks you'd consider being setup moves - that will give you a small but measured progress towards the finish line. Use an arrow pointing diagonally upward (like this ↗) to indicate they are set up moves in the second column on the sheet.*



## **The Signature Move**

*Pro wrestling fans often confuse a wrestler's signature move with their finishing move. But that definition isn't entirely accurate.*

*Sure, a wrestler's finishing move is a signature move, but it's not their only signature move. A signature move is more layered than that because it's actually a move that a wrestler regularly performs to the point they are known for it. It's also used to describe a special move they perform before they land their finishing move - or finisher.*

***And that's how we are going to use it in the context of this guide.***

*When you look at a project – or anything you want to finish well – your signature move (or moves) are what showcase your level of experience and excellence with what you're working on. It's your own spin on elements of the thing you're trying to complete and when you make a signature move happen it adds a bit of shine to things.*



# Exercise

*But signature moves can't always be performed at the same intensity or frequency as set up moves. In fact, that rarely happens at all – both in a wrestling match AND in life.*

*So don't try to pull too many of them off in succession because you can get tripped up and lose your way with what you're ultimately trying to do, which is to finish strong.*

*My advice is to go heavy on set up moves and throw in a few signature moves along the way. This next exercise should help you follow that advice for the project you've already started to explore with this guide.*



## **EXERCISE**

*Review the list of tasks you wrote down on the sheet of paper. You've already indicated set up moves but now see if you can spot any signature moves in that list, as well. If you can, indicate them in the second column with an exclamation mark. Remember that you should have more set up moves compared to signature moves. A good ratio to keep in mind is 5:1 – 5 set up moves for every 1 signature move.*

# 10 Finishing Move



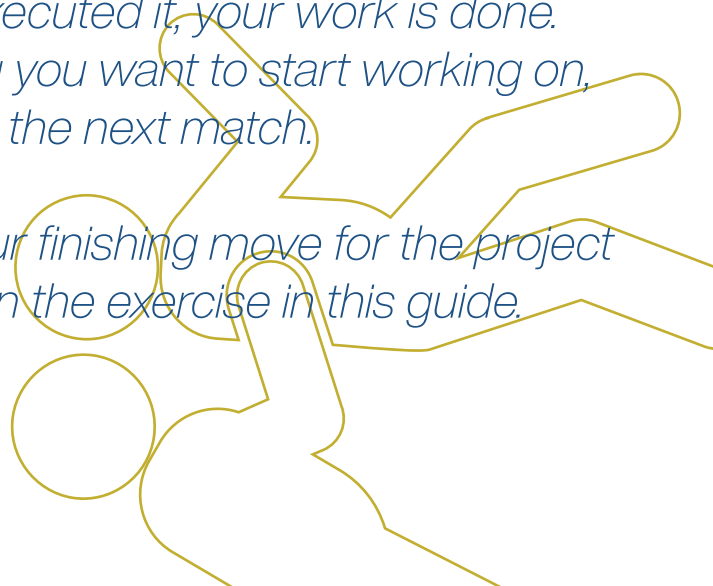
## **The Finishing Move**

*Every pro wrestler has a move that is designed to end a match. Some of these moves are high impact. Some are submission moves. But all of them are supposed to be the last move they make before securing a victory.*

*In the context of this guide, your finishing move is what you've decided will be the last move you make before calling an end to the proceedings. Like a pro wrestler's finishing move, it can be high impact - making a big splash before the three count. It can also be a submission move, leading to a slower but still definite end to things.*

*No matter what the finishing move you use is - and you can have more than one (but you need to have less of these moves than signature moves) - once you've executed it, your work is done. You can move on to the next thing you want to start working on, just like a wrestler can move on to the next match.*


*Now it's time for you to decide your finishing move for the project you've been making progress on in the exercise in this guide.*



# E1 Exercise



## **EXERCISE**

*Review the sheet with all of your tasks once again. Take a look at the ones you haven't determined are either set up moves or signature moves. Once you've isolated those, you need to decide which of the remaining tasks is your finishing move. (Note: It may be a signature move that you've misidentified, so you can change it to a finishing move if that fits.) mark your finishing move with a  bell or something that denotes it as the last task you're going to complete for this project. It could be an **X** or even a symbol that represents your favourite finishing move from a wrestler you admire. But it does need to be distinct from everything else on your list... and it should stand out because of that.*

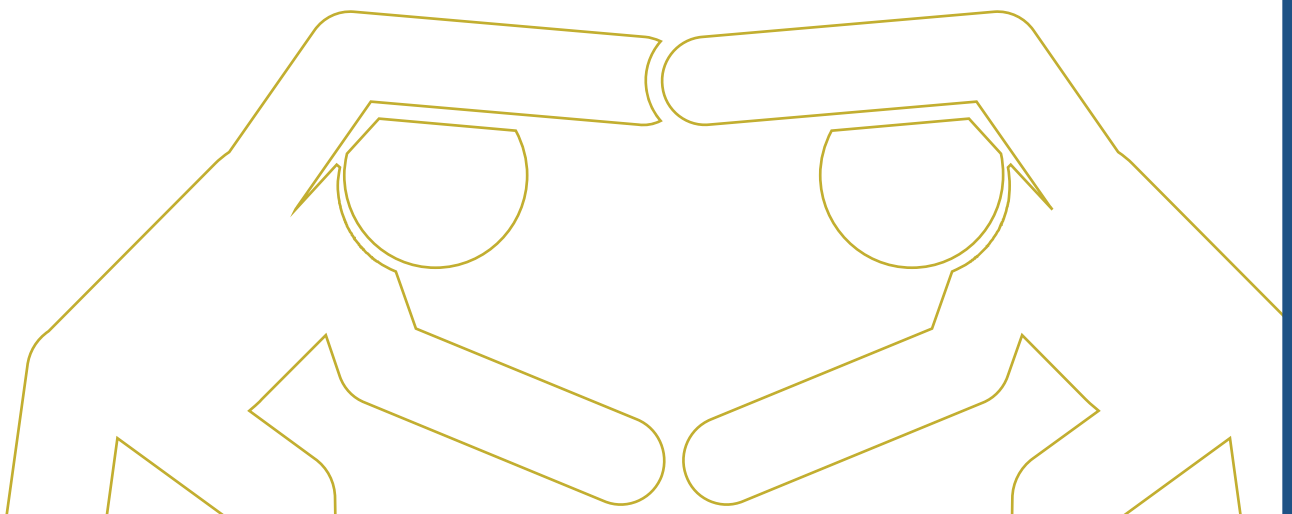
# 12 *Conclusion*

## **Conclusion**

*This guide was designed to give you a workflow that will help you finish stronger than ever before. The idea behind The Finisher is that you want to finish something strong. In this instance, you might be using it to finish the year strong but it can be applied to a project, a day, a month or anything else that you want to finish well.*

*Now that you understand how to apply the three elements of The Finisher to one thing through the exercise in this guide, you can start to apply it to others.*

*I hope you'll come back to this guide to do that.*





## Contact

*If you have any questions, insights, or feedback about The Finisher then please don't hesitate to email **hello@productivityist.com**. I'd love to hear from you.*

*Until next time, let me leave you with this quote from Marcus Aurelius:*

***"The art of living is more like wrestling than dancing."***

*Keep that in mind the next time you're faced with something you've started that you want to make sure you finish - and finish well. That'll bring you back to The Finisher. It'll be waiting for you, ready to help.*

*See you later.*

