



The Next Level of Performance, LLC

Final Quarter

We are in the final quarter of the year and now it is time to finish the year strong. In sports the fourth quarter is the time to empty the tank and give it all you got. Sometimes in the fourth quarter you need to rethink your game plan to make sure you are still on track to win. The win in this case are the goals you have set for yourself. We must make sure that our confidence in achieving the victory doesn't slide into the realm of arrogance and assume that you can't lose. The game can change at any time so you need to play to win instead of not to lose. This is the time to ensure your sharpen your game plan because the following things can throw you off course of your goals:

- Loss of job
- New job offer
- Family change
- Health challenge
- Financial challenge

Any of these items can affect you at any time. So in this final quarter make sure your game plan is solid and you have back up plans so that when adversity happens, you can respond appropriately as opposed to reacting to it. The final quarter is when most teams, companies and people make their big push to finish the year strong. If you need to tweak your strategies then this is the time to do it. What you achieved in the first three quarters can all be washed away if the fourth quarter is not strong. Go for the win and make sure that you are prepared for success because you deserve it.

For more information, please contact us at contact@coachthenextlevel.com or visit us at www.coachthenextlevel.com