

Coming down the homestretch of 2017



Aetna Resources For LivingSM

Is it possible that we're already talking about Thanksgiving, December holidays and New Year's Eve? Where did the last ten months go?

Time flies when you're having fun...and working hard!

If you're like many people, 2017 may already seem like a blur. But the next two months really count too. As Olympic gold medalist Usain Bolt said about his own running, "There are better starters than me but I'm a strong finisher."¹

Now's your time to finish strong

Maybe you've accomplished the things you set out to do in 2017. Or perhaps you still have items on your to-do list. Either way, here are some tips for keeping up your momentum as you come down to the finish line of 2017:

- **Refine your goals.** The resolutions you made earlier in the year may seem a bit fuzzy now. Revisit your remaining goals and decide if they're still priorities.
 - **Motivate yourself.** You know best what keeps you on course. For many people, it's rewarding yourself for the small steps you take toward your larger goal. For others, it's the satisfaction of crossing things off your list of tasks. Whatever method keeps you on track — now's the time to do it.
 - **Be grateful.** It's hard to avoid looking back at the challenges, hurts and disappointments of the past year. But don't forget the favors, kindnesses and good fortune you experienced as well. Feeling grateful can add wind to your sails as you finish the year.
- Another runner, marathoner Barry Magee, said "Anyone can run 20 miles. It's the last six that count."² Even if your goal feels like a marathon, that last push can make all the difference!

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¹[brainyquote](#). Accessed August 2017.

²[inspiringquotes](#). Accessed August 2017.

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