

Fresh Fuel for the Finish Line
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1. **Move from a steady focus to tunnel vision.**
 - a. eliminate the “unnecessaries”
 - b. go into “training mode”
 - c. take some time to define and commit to your schedule
 - d. set a resolve
2. **Incorporate 10-15 minutes of positive recovery into your work schedule every two hours.**
 - a. go for a walk
 - b. spend some time worshipping God with music
 - c. meditate on the word
 - d. Re: daily recovering:
 1. Get sound sleep
 2. Honor the Sabbath
 3. Eat tuna fish for lunch
 4. Meditate on a biblical promise like Heb. 11:6
3. **Ask for the help you need.**
4. **Press into God! Make study time devotional time.**
 - a. Spend 15 minutes worshipping God before you start to quiet your mind and spirit. This will help you concentrate.
5. **Expand your circle and level of emotional support.**
 - a. Invite your family and friends to email you, call you, and encourage you in fun ways.
 - b. Find accountability partners
 - c. Give them questions to ask you, particularly regarding deadlines.
 - d. Ask them to pray with you.
6. **Cue your mind for serious study.**
 - a. Turn on classical music
 - b. Find a quiet place.
 - c. Go there and put thy butt down on thou seat.
7. **Take your complaints to God, releasing your frustrations to Him, and quiet your spirit to hear from Him.**
8. **Give your notes to a needy student.**

If you sow mercy to others, you will reap mercy from God.

Visit our website to find Academic Champion training materials: www.vkm.org.

Finishing Well

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