



# TURNAROUND TIMES

2023 REFINERY | OCTOBER 26, 2023 | ISSUE 29

OVERALL EVENT PROGRESS

98 %



You Can Ride 2

Goal Zero Shifts	80
Monies Raised	\$40,000

TURNAROUND STATS	LAST 24H	OVER-ALL
First Aid	0	6
Recordable	0	1
Life-Saving Rule Violation	0	1
Near Miss	1	1
Motor Vehicle Incident	0	3
Dropped Object	0	2
HPI- Hi potential Incidents (failed lucky)	0	1
HPE- High Potential Event (failed safe)	0	0
SIF- Serious Injury or Fatality	0	0
Env (Other/Spill)	1	6
LOPC (<100kg)	0	0
LOPC (>100kg)	0	0
Environmental Non-Comp.	0	0

## STRATEGIES FOR SUCCESS - *Maintaining Focus for a Strong Finish*



As we pursue our goals and aspirations, the ability to maintain focus remains a critical element of success. No matter our position or whether we are speaking of work or home, the journey to a strong finish demands unwavering attention to detail and dedication. Let's explore effective strategies for maintaining focus to ensure that we achieve our goals in a timely manner and cross the finish line with strength and determination.

**Develop a Routine** - Creating a daily routine can enhance your focus and streamline your workflow. When you establish regular work hours and allocate specific times for tasks, your brain gets accustomed to these patterns, making it easier to concentrate during those designated periods.

**Mindfulness Meditation** - Mindfulness meditation is a powerful practice for staying present and maintaining focus. By observing your thoughts without judgment and returning your attention to the task at hand, you can improve your concentration and reduce the impact of distractions.

**Stay Organized** - Maintaining a structured and organized workspace is crucial for focus. Invest in tools like planners and to-do lists to help you stay on top of your tasks. Having a clear, visual representation of your goals and progress can boost your motivation.

**Take Breaks** - Counterintuitive as it may seem, taking regular breaks is essential for maintaining focus. Short breaks allow your brain to recharge and improve overall productivity. Use this time to stretch, move around, and clear your mind before returning to your work with renewed energy.

**Visualize Success** - Visualization is a powerful technique that can help maintain your focus on the end goal. Spend a few moments each day visualizing yourself successfully completing your task or reaching your goal. This positive reinforcement can help you stay motivated and committed.

**Seek Support and Accountability** - Share your goals with a friend, mentor, or colleague who can hold you accountable. Having someone to check in with and offer support can be a motivating factor to keep you focused on your journey to a strong finish.

Achieving a strong finish requires unwavering focus and determination. By setting clear goals, prioritizing tasks, eliminating distractions, and implementing effective time management, you can stay on track and work towards your objectives with purpose. Incorporate mindfulness practices, maintain an organized workspace, and visualize your success to boost motivation. Remember that, with the right strategies in place, you can overcome distractions and challenges to reach your goals with strength and resolve.

**Set Clear and Specific Goals** - Maintaining focus starts by defining clear and specific goals. Ambiguity and uncertainty can lead to distractions and loss of motivation. When you have a well-defined objective, you'll find it easier to concentrate your efforts on the path to completion.

**Prioritize Tasks** - Not all tasks are equally important or urgent. To stay focused, prioritize your tasks based on their significance and deadline. The Eisenhower Matrix, which categorizes tasks, can be a valuable tool for making effective decisions about task prioritization.

**Eliminate Distractions** - Identify and remove distractions from your workspace. This includes silencing your phone and creating a clutter-free environment. If you're working on a digital platform, consider using website blockers, close unnecessary tabs, and utilize productivity apps to help you stay on track.

**Time Management** - Effective time management is an essential skill for maintaining focus. Use techniques like the Pomodoro Technique, which involves working in focused, timed intervals, followed by short breaks. This approach can help you maintain a high level of concentration and productivity.

### SCOTFORD WEATHER

Thu 26 | Day **-2°** 10% NW14 km/h  
 Cloudy skies. High -2C. Winds NW at 10 to 15 km/h.

Thu 26 | Night **-9°** 17% WNW9 km/h  
 Cloudy skies early will become partly cloudy later at night. Low -9C. Winds light and variable.

Humidity 75% UV Index 1 of 11  
 Sunrise 08:20 Sunset 18:11

UV Index 0 of 11 Moonrise 17:35 Waning Gibbous  
 Moonset 05:09

