

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

STRATEGIES FOR SUCCESS - Maintaining Focus for a Strong Finish



No matter our position or whether nated periods. 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

have a well-defined objective, you'll find it easier to concentrate your efforts on the path to with renewed energy. completion.

rizes tasks, can be a valuable tool for making effective decisions about task prioritization.

Eliminate Distractions - Identify and remove distractions from your workspace. This includes Seek Support and Accountability - Share your goals with a friend, mentor, or colleague silencing your phone and creating a clutter-free environment. If you're working on a digital who can hold you accountable. Having someone to check in with and offer support can be platform, consider using website blockers, close unnecessary tabs, and utilize productivity a motivating factor to keep you focused on your journey to a strong finish. 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.

As we pursue our goals and aspira- Develop a Routine - Creating a daily routine can enhance your focus and streamline your tions, the ability to maintain focus workflow. When you establish regular work hours and allocate specific times for tasks, your remains a critical element of success. brain gets accustomed to these patterns, making it easier to concentrate during those desig-

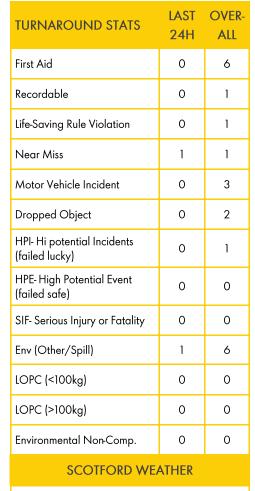
> Mindfulness Meditation - Mindfulness meditation is a powerful practice for staying present and maintaining focus. By observing your thoughts without judgment and returning your attention to the task at hand, you can improve your concentration and reduce the impact of

to ensure that we achieve our goals Stay Organized - Maintaining a structured and organized workspace is crucial for focus. in a timely manner and cross the Invest in tools like planners and to-do lists to help you stay on top of your tasks. Having a finish line with strength and determic 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 main-Set Clear and Specific Goals - Maintaining focus starts by defining clear and specific taining focus. Short breaks allow your brain to recharge and improve overall productivity. goals. Ambiguity and uncertainty can lead to distractions and loss of motivation. When you Use this time to stretch, move around, and clear your mind before returning to your work

Visualize Success - Visualization is a powerful technique that can help maintain your focus Prioritize Tasks - Not all tasks are equally important or urgent. To stay focused, prioritize on the end goal. Spend a few moments each day visualizing yourself successfully completyour tasks based on their significance and deadline. The Eisenhower Matrix, which catego- ing your task or reaching your goal. This positive reinforcement can help you stay motivated and committed.

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.





STEP Keep on Keeping On

- ⇒ Continue with the great communication and excellent collaboration.
- ⇒ Ensure we are cleaning up areas as we close up work fronts.

GOAL ZERO CUP

Professional in All Ways!

"I would like to nominate Brand Scaffold GF [Joey Landry], FM [Kyle McWhirter] and their crews for ensuring the safety and efficiency of the crew present in the internal build in HCU-2300 at the top of the Reactor 2304/03.

They had clear, strong communication with the crane operator, kept an organized and clean area, and did an excellent job of building the internal scaffold build safely and efficiently."





What do you do if you miss your crew's GZ Cup?

Get your very own GZ Cup Picture!

Thanks for being a great part of the PSA work!