JOLT 1 OF 10 · JUMPSTART YOUR MOTIVATION

1 · Have a Purpose for What You Do

- [ ] Ask 3 people who know you well: "Why do you think I'm here?" Write down what they say
- [ ] List the activities you like and dislike, with the reason for each
- [ ] Look for the pattern in that list. It points to your purpose
- [ ] Write your purpose in one sentence
- [ ] Put the sentence where you'll see it every morning
- [ ] Check this week's calendar against it. What doesn't fit?

Week of: _____