JOLT 10 OF 10 · JUMPSTART YOUR MOTIVATION

10 · Live a Life of Balance

- [ ] Rate work, health, family, friends, faith, fun and money 1 to 10
- [ ] Pick the lowest score and plan one action for it
- [ ] Put exercise on the calendar like a meeting
- [ ] Eat lunch away from the desk
- [ ] Protect one evening a week for family or friends
- [ ] Sleep 7 hours, 5 nights this week

Week of: _____