JOLT 2 OF 10 · JUMPSTART YOUR MOTIVATION

2 · Have a Passion for What You Do

- [ ] Name the parts of your work you'd do even if nobody paid you
- [ ] Spend one extra hour on those parts this week
- [ ] Write a "rough day" plan: what you'll do when everything goes wrong
- [ ] Use that plan once, before you need it
- [ ] Tell one person what you love about your work
- [ ] Cut or hand over one task you dread

Week of: _____