JOLT 3 OF 10 · JUMPSTART YOUR MOTIVATION

3 · Be a Non-Stop Continuous Learning Machine

- [ ] Pick one skill to learn this quarter
- [ ] Read 20 minutes a day, 5 days this week
- [ ] Keep a notebook: one thing learned, every day
- [ ] Turn travel time into a talk, podcast or audiobook
- [ ] Book one course, class or workshop
- [ ] Teach one thing you learned to someone else

Week of: _____