JOLT 5 OF 10 · JUMPSTART YOUR MOTIVATION

5 · Know What Gets You Stimulated and Motivated

- [ ] Write 5 things that fire you up: music, people, places, books
- [ ] Write 5 things that flatten you
- [ ] Find a form of exercise you enjoy and do it 3 times this week
- [ ] Build a jumpstart kit: a playlist, a quote, a short video
- [ ] Use the kit at the first sign of a flat morning
- [ ] Note what worked and what didn't

Week of: _____