JOLT 6 OF 10 · JUMPSTART YOUR MOTIVATION

6 · Reward Yourself for Achieving

- [ ] Write one long-term goal with a number and a date
- [ ] Break it into weekly short-term goals
- [ ] Choose a reward for the long-term goal and write it down
- [ ] Set a small reward for each short-term goal
- [ ] Tie the reward to the goal, like new gear for a fitness goal
- [ ] Friday: tick the week's goal and take the reward

Week of: _____