JOLT 7 OF 10 · JUMPSTART YOUR MOTIVATION

7 · Practice Long-Term Thinking

- [ ] Write where you want to be in 5 years: work, money, health, family
- [ ] Write the one-year step that gets you there
- [ ] Before one decision this week, ask: will this matter in 5 years?
- [ ] Drop one thing that only pays off today
- [ ] Start one thing that pays off in a year
- [ ] Re-read the 5-year page once a month

Week of: _____