JOLT 8 OF 10 · JUMPSTART YOUR MOTIVATION

8 · Keep Growing and Achieving

- [ ] Set the next goal before you finish the current one
- [ ] Make exercise regular this week: some cardio, some strength
- [ ] Try one thing outside your comfort zone
- [ ] Raise one of your targets by 10%
- [ ] List 3 things you achieved in the past year
- [ ] Decide what "growing" means for you this quarter

Week of: _____

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