JOLT 1 OF 10 · JUMPSTART YOUR MOTIVATION

1 · Have a Purpose for What You Do

- [ ] Ask 3 people who know you well: "Why do you think I'm here?" Write down what they say
- [ ] List the activities you like and dislike, with the reason for each
- [ ] Look for the pattern in that list. It points to your purpose
- [ ] Write your purpose in one sentence
- [ ] Put the sentence where you'll see it every morning
- [ ] Check this week's calendar against it. What doesn't fit?

Week of: _____

JOLT 2 OF 10 · JUMPSTART YOUR MOTIVATION

2 · Have a Passion for What You Do

- [ ] Name the parts of your work you'd do even if nobody paid you
- [ ] Spend one extra hour on those parts this week
- [ ] Write a "rough day" plan: what you'll do when everything goes wrong
- [ ] Use that plan once, before you need it
- [ ] Tell one person what you love about your work
- [ ] Cut or hand over one task you dread

Week of: _____

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: _____

JOLT 4 OF 10 · JUMPSTART YOUR MOTIVATION

4 · Be a Mentor and Have a Mentor

- [ ] List 3 people you'd want as a mentor
- [ ] Ask one of them for 30 minutes this month
- [ ] Prepare 3 questions before you meet
- [ ] List what you could mentor someone else on
- [ ] Offer to help one person starting out
- [ ] Set a monthly check-in with both

Week of: _____

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: _____

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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: _____

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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: _____

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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9 · Periodically Evaluate Where You Are

- [ ] Block one hour at the end of each month for a review
- [ ] Score each area of life from 1 to 10
- [ ] Compare the scores against the goals you wrote
- [ ] Write what's working and what isn't
- [ ] Change one goal or one habit
- [ ] Re-read why you set the goals in the first place

Week of: _____

10 · Live a Life of Balance

- [ ] Rate work, health, family, friends, faith, fun and money 1 to 10
- [ ] Pick the lowest score and plan one action for it
- [ ] Put exercise on the calendar like a meeting
- [ ] Eat lunch away from the desk
- [ ] Protect one evening a week for family or friends
- [ ] Sleep 7 hours, 5 nights this week

Week of: _____