

30 DAY JUMPSTART FOR PERSONAL DEVELOPMENT

GOAL: To decrease/eliminate the negative influences in my life and increase the positive influences.

METHOD: I will do this by decreasing 2 negative influences and increasing 1 positive influence in my life every day for next 30 consecutive calendar days.

Instructions: Step 1 - Complete the Beginning Assessment. Whenever your goal is to change something (ex. weight), you must record your starting point so you can determine if the method you used effectuated the change you wanted. You can do the assessment in one of two ways. Either estimate the amount of time you spend doing the activity or take 1 week to record the actual time you spend doing the activity. I recommend actual time.
Step 2 – Complete the 30-day chart on Page 2.

Step 3 – Complete the Ending Assessment. The changes from the Beginning Assessment are the jumpstart to your personal development process!

Step 1 – Beginning Assessment:

In a day:

How often do you hear the news? _____

(TV, radio, newspaper, Internet)

How many hours do you watch TV? _____

(exclude the news)

How much time are you with negative people? _____

How often do you say negative things to yourself? _____

Other (specify) _____

In a day:

How often do you listen/read to positive info? _____

How much time is spent journaling? _____

How much time is spent developing a spiritual relationship _____

How much time is spent doing something you enjoy? _____

How often do you encourage people? _____

How much time is spent with positive people? _____

How often do you say positive things to yourself? _____

Other (specify) _____

Step 2 – Complete the 30-day chart on Page 2.

Step 3 – Ending Assessment:

In a day:

How often do you hear the news? _____

(TV, radio, newspaper, Internet)

How many hours do you watch TV? _____

(exclude the news)

How much time are you with negative people _____

How often do you say negative things to yourself? _____

Other (specify) _____

In a day:

How often do you listen/read to positive info? _____

How much time is spent journaling? _____

How much time is spent developing a spiritual relationship _____

How much time is spent doing something you enjoy? _____

How often do you encourage people? _____

How much time is spent with positive people? _____

How often do you say positive things to yourself? _____

Other (specify) _____

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Instructions: It takes 30 consecutive days of consistent action to create a habit. So for 30 consecutive days, write 2 negative influence exposures you decrease and 1 positive influence exposure you increase in the calendar below. Also write the amount of the increase or decrease in time increments (ex. 30 min, 1 per day). Since the boxes are small, you can use abbreviations & shortcuts to record info. This is your chart. Don't forget to add dates to the calendar. Let's go!

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							