

Rejuvenation Jumpstart Worksheet™

More rejuvenation leads to more productivity, so use this worksheet to jumpstart your progress toward a more energized lifestyle.

POSSIBLE GOALS

List a possible rejuvenation goal in each of the five areas we covered in Lesson Three. This could be a habit goal like, "Go to bed by 10 PM every night this month," or "Jog in the park for 30 minutes every weekday at 7 AM." It could also be an achievement goal like, "Plan a weekend away with my wife in October," or "Hire a personal trainer by November 15."

POSSIBLE GOAL	
REST Sleep and Napping	
REFRESHMENT Nutrition and Hydration	
RECREATION Exercise and Play	
RELATIONSHIPS Family and Friends	
REFLECTION Journaling and Meditation	

GOAL SELECTION

Choose one or two of the goals listed above that you'll commit to pursuing this month.

REJUVENATION GOAL #1	REJUVENATION GOAL #2

ACTIVATION TRIGGERS

What will you use as an activation trigger to prompt you to complete each goal? For example, if your goal is to go to bed at 10 PM, it could be an alarm on your phone at 9:30 PM that reminds you to start your evening ritual. Choose one trigger for each goal and take a moment to automate those triggers, if you can.

REJUVENATION GOAL #1	REJUVENATION GOAL #2

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POSSIBLE GOAL	
REST Sleep and Napping	<i>Get 8 hours of sleep every night this month</i>
REFRESHMENT Nutrition and Hydration	<i>Drink one full glass of water 15 minutes before each meal for 1 whole week (1st wk of Aug)</i>
RECREATION Exercise and Play	<i>Plan a weekend trip to Colorado in September</i>
RELATIONSHIPS Family and Friends	<i>Call my parents one time per week on Fridays beginning on July 28</i>
REFLECTION Journaling and Meditation	<i>Complete The Five-Minute Journal at least 25 out of the next 30 days</i>

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REJUVENATION GOAL #1	REJUVENATION GOAL #2
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REJUVENATION GOAL #1	REJUVENATION GOAL #2
<i>Set a recurring appt (with alert) on my Google calendar (Fridays @ 6pm)</i>	<i>Hang a note on my bathroom mirror to remind my after I brush my teeth</i>