



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.

Overall Instructions:

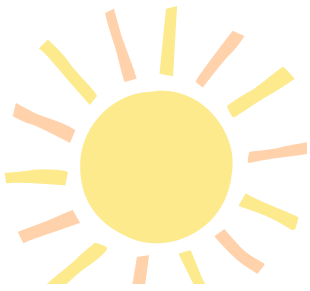
Step 1 - Complete the Beginning Assessment. Whenever your goal is to change something (ex. weight), you must record your starting point so you can determine if the method you used effectuated the change you wanted.

You can do the assessment in one of two ways. Option 1 - estimate the amount of time you spend doing the activity or Option 2 - take 1 week to record the actual time you spend doing the activity. I recommend Option 2.

Step 2 - Complete the 30-day chart.

Step 3 - Complete the Ending Assessment. Record any changes you notice. The changes from the Beginning Assessment to the Ending Assessment are the jumpstart to your personal development process!





Step 1: Beginning Assessment

In a day:

How often do you hear the news on TV, radio, podcast, newspaper, Kindle, Internet, etc? _ _ _ _

How many hours do you watch TV, stream shows, excluding the news? _ _ _

How much time are you with negative people, intentionally or unintentionally? _ _ _ _ _

How often do you say negative things to yourself? _ _ _ _

Other negative activities (specify)

In a day:

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

How much time do you spend in a spiritual relationship with God or _ _ _ _ _

How much time do you spend journaling? _ _ _ _ _

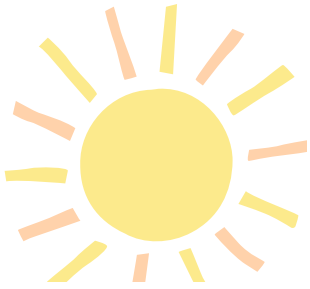
How much time is spent doing something you enjoy? _ _ _ _ _

How much time is spent with positive people? _ _ _ _ _

How often do you encourage people? _ _ _ _ _

How often do you say positive things to yourself? _ _ _ _ _

Other positive activities (specify)



Step 2:

Complete the 30-Day Chart

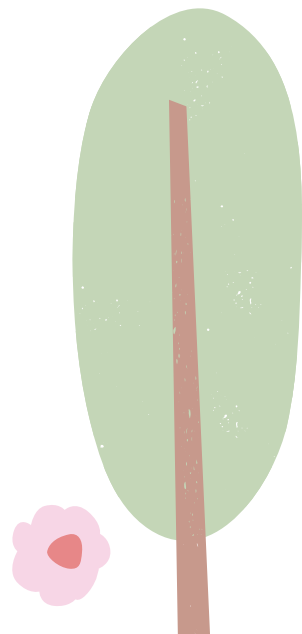
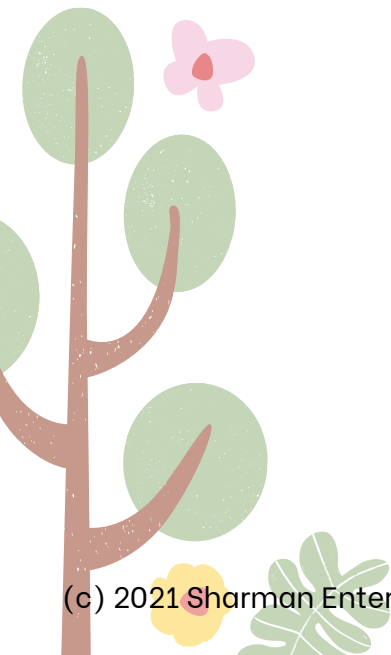
Instructions for Step 2:

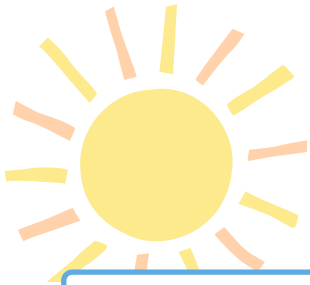
It takes 30 consecutive days of consistent action to create a habit. So for 30 consecutive days, write 2 negative influence/exposures you decrease and 1 positive influence/ exposure you increase in the calendar below.

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!





Week One

Monday

Tuesday

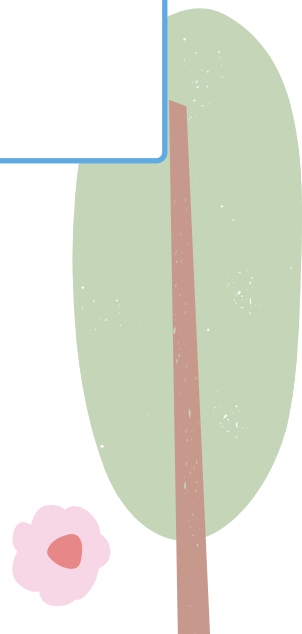
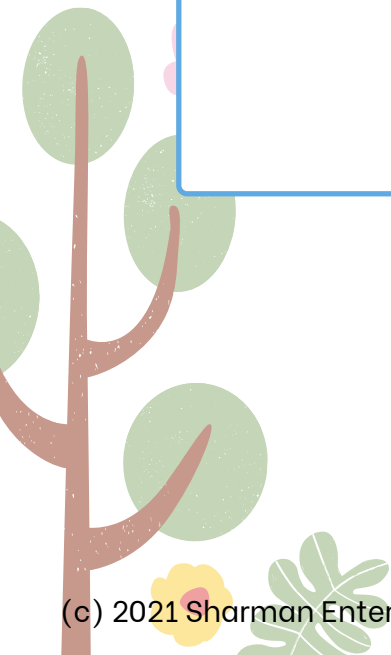
Wednesday

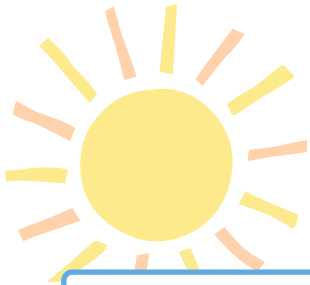
Thursday

Friday

Saturday

Sunday





Week Two

Monday

Tuesday

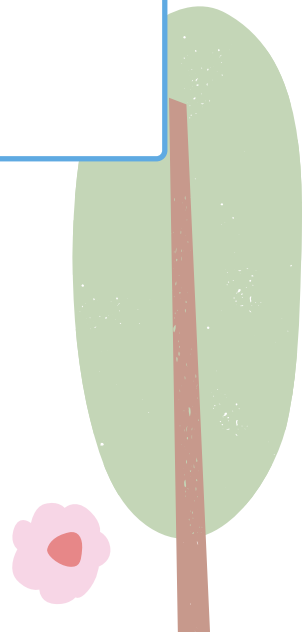
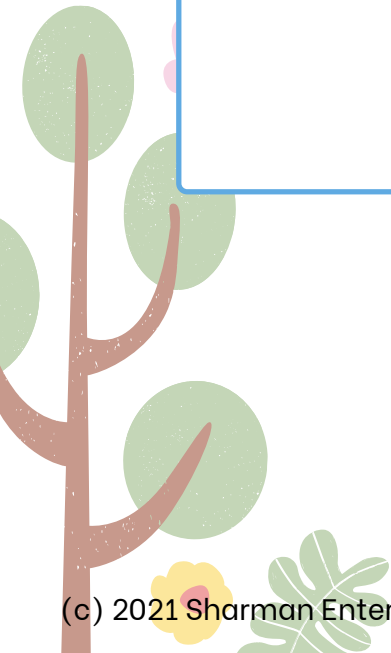
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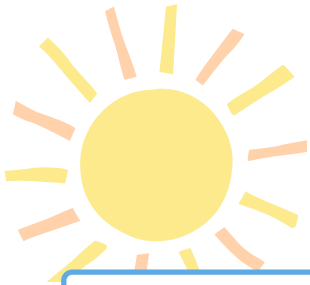
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Week Three



Monday

Tuesday

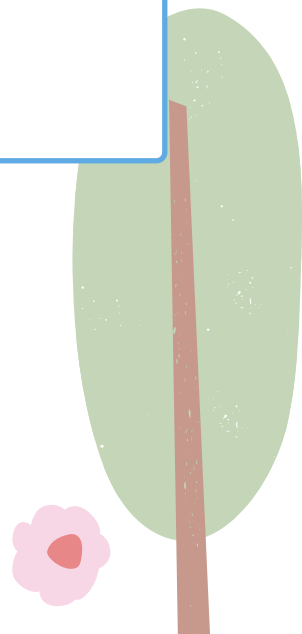
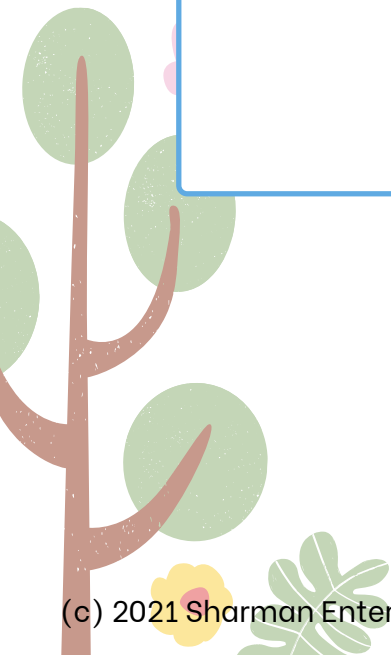
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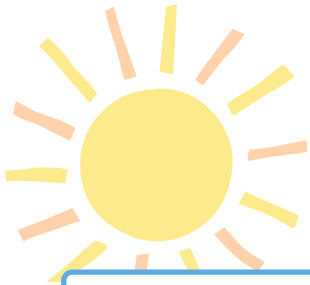
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Week Four



Monday

Tuesday

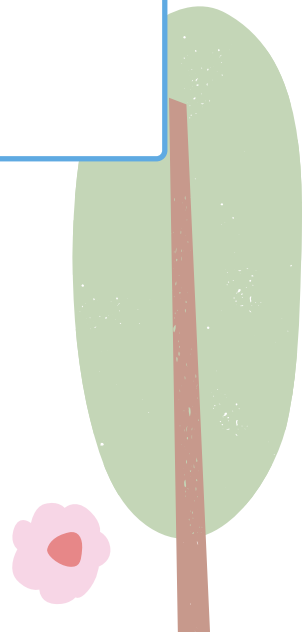
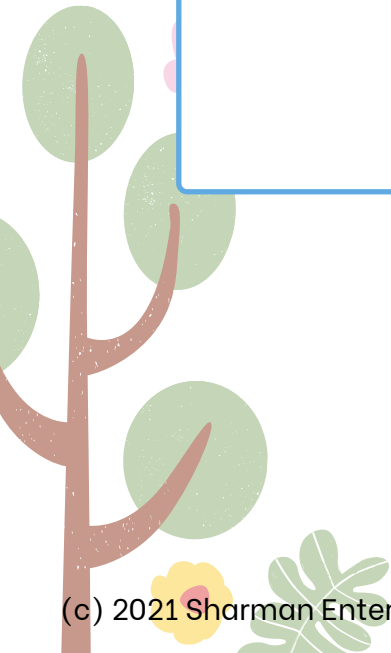
Wednesday

Thursday

Friday

Saturday

Sunday





Step 3: Ending Assessment

In a day:

How often do you hear the news on TV, radio, podcast, newspaper, Kindle, Internet, etc? _ _ _ _

How many hours do you watch TV, stream shows, excluding the news? _ _ _

How much time are you with negative people, intentionally or unintentionally? _ _ _ _ _

How often do you say negative things to yourself? _ _ _ _

Other negative activities (specify)

In a day:

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How much time do you spend journaling? _ _ _ _ _

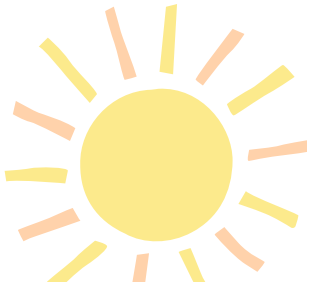
How much time is spent doing something you enjoy? _ _ _ _ _

How much time is spent with positive people? _ _ _ _ _

How often do you encourage people? _ _ _ _ _

How often do you say positive things to yourself? _ _ _ _ _

Other positive activities (specify)



Ending Assessment (cont)

Records Any Changes you Notice

