



68 Days... 9.5 Weeks...
1,632 Hours... 97,920 Minutes...

What will you do with it?
What could you do with it?



Your Ultimate Jumpstart Worksheet for 2017

Get ready to “DRIVE” in 2017 with a Personal Plan of Action!

The 68 DAY CHALLENGE is a program designed to help “jumpstart” your first 68 days so that the other 297 days of the year will fall into place. In other words, 68 days to a better you!

As a company we believe that associates and leaders who are at their personal **BEST**, will in turn create a company culture that is at its **BEST**!

- ✓ Are **YOU** prepared?
- ✓ Are **YOU** willing?
- ✓ Are **YOU** ready?





Define Your Personal Goal

Jan 1 - 15



1.) In your "YOU" circle, rate each area on a scale of 1 to 10, with 10 being the best and 1 being the worst. Write that number next to the word.

2.) List the areas of your life you can enhance:

3.) Pick ONE area of your life you will FOCUS on over the next 68 days:



Inspire Yourself

Jan 16 - 31

1.) For inspiration each day, take 5 minutes to read ONE of the 68 Principles in "Pumptitude" or "Maximum Pumpitude" from our CEO, Kim Yost.

2.) Create a personal development library and listen to books or read book around your focus area. Book suggestion include:

☑ The Power of Habit by Charles Charles Duhigg

- ❖ The Secret by Rhonda Byrne
- ❖ The Art of Exceptional Living by Jim Rohn
- ❖ The Four Hour Body by Tim Ferriss
- ❖ The 15 Invaluable Laws of Growth by John Maxwell

2.) Come up with one SMART goal for your area of FOCUS (ex: *I will go from 150 pounds to 140 pounds by March 9th*)



Write Your Plan

Feb 1 - 13

1.) Now that you have identified your area of focus, think about your ultimate objective and write down THREE things you will do, change, or develop to meet that objective:

1. _____

2. _____

3. _____



Take Action... Now!

Feb 23 - Mar 8

- 1.) Post this worksheet in your office or at home.
- 2.) Set daily reminders on your phone, calendar, and computer.
- 3.) Stay connected with daily tips on AVTV, special AV Insider segments, emails from Key Leaders, and by joining the 68 Day Challenge Group on Facebook: <https://www.facebook.com/The68DayChallenge>
- 4.) Find an accountability buddy and support one another in your journeys.



Learn & Adapt

Feb 14 - 21

1.) Ask yourself:

- ❖ Are you on track to hit your goal?
- ❖ What's working?
- ❖ What's not working?

2.) Review your "TOP 3" for the last 45 days:

WINS: _____

FIXES: _____

Ah-HAs: _____

3.) Write down what you need to adjust in order to hit your goal:



Share Successes

Feb 22

1.) Share your successes!

- ❖ 68 Day Challenge Group community on Facebook
- ❖ Around your department
- ❖ Around your store
- ❖ With your challenge coach and accountability partner

2.) Email your challenge coach with your success story!

3.) Pay It Forward! As the late Zig Ziglar said, "You can get anything you want in life if you will just help enough other people get what they want!"



Celebrate! You Did It!

March 9

CELEBRATION!

TAKING CONTROL • HAVING A PLAN • STAYING FOCUSED