

# JUMP OFF JANUARY CHALLENGE

"Believe it or not, every successful person in this world has jumped," stated Harvey. "You cannot just exist in this life. You have got to try to live. If you are waking up thinking there has got to be more to your life than there is, man believe that it is. But to get to that life, you're gonna have to jump." -Steve Harvey

**Happy New Year and New You!** It's jump off January and it's time to take a leap of faith. A leap of faith and belief in yourself, that you will achieve big in 2020!

**Jump off January** is all about thinking big, doing something that scares you, and burning the boats baby! These 3 things will help you soar into the new year.

Below fill out each category and then get ready to JUMP into the new YOU!

**THINK BIG:** What are 1 or 2 goals that would get you really excited and fired up to have your best year ever?

Goal 1: \_\_\_\_\_

Goal 2: \_\_\_\_\_

**Next write down 3 action steps** that will get you closer to your goal and the dates they will be accomplished by.

Goal 1: \_\_\_\_\_

Action Step 1: \_\_\_\_\_ Achieving Date: \_\_\_\_\_

Action Step 2: \_\_\_\_\_ Achieving Date: \_\_\_\_\_

Action Step 3: \_\_\_\_\_ Achieving Date: \_\_\_\_\_

Goal 2: \_\_\_\_\_

Action Step 1: \_\_\_\_\_ Achieving Date: \_\_\_\_\_

Action Step 2: \_\_\_\_\_ Achieving Date: \_\_\_\_\_

Action Step 3: \_\_\_\_\_ Achieving Date: \_\_\_\_\_

**DO SOMETHING THAT SCARES YOU:** Write down the one thing you will do or something you have been putting off for sometime now. Doing this thing that scares you or one thing that has been haunting you will set you free and make a statement that you are bigger than your challenges and will be unstoppable this year!

**BURN THE BOATS:** 2020 is your island and you will take over this island with a no retreat, no surrender mindset. Write down and take action on 1-2 things that will show your commitment to the new you. One or two things that will be your burning of the boats. *Example: Dump alcohol down the toilet, crush all your cigarettes with a rain dance, throw out all the cookies in your pantry*

1. \_\_\_\_\_

2. \_\_\_\_\_

