

CHALLENGE WORKBOOK

# Jump for Joy

CHAMPIONS CHALLENGE:  
March 1 – 5th, 2022



# Agenda

This is a challenge about taking massive action, here is what we'll be doing to start off each day:

**#1 – 5 minutes of movement**

**#2 – Share our joy**

**#3 – Document progress**

**#4 – Tips, Teaching & Techniques**

**CHALLENGE WORKBOOK**



# Challenge Goals

What is one thing you'd realistically like to see improve over the next week?

Goal :

Start #

End #

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What will it mean to you if you complete this goal?

Personal Best

What is your goal?

What is your target #?

Daily Increase Tracking

Day 1 \_\_\_ Day 2 \_\_\_ Day 3 \_\_\_ Day 4 \_\_\_ Day 5 \_\_\_

# Your Personal Joy Meter

Starting #	Ending #
★	★
★	★
★	★
★	★
★	★

a



1 Which methods increased your joy the most?

2 Which other methods will you try?

3 What is your joy commitment?

**Joy is a choice!**

# LEAP FORWARD



## Daily Questions

**Day 1** Where are you now?

**Day 2** What's Keeping You Mired down and stuck?

**Day 3** Who is in charge?




**Day 4** When will you do the work?





## Unexplored Strengths

**Day 5** What action(s) are you willing to take?



# Challenge Notes



# Challenge Notes





# Challenge Notes





# Challenge Notes



# Challenge Notes

