

THE JOOL APP

first 20 days checklist

Positive, healthy change takes time...and then again, it can happen in an instant. Quite the paradox. Truth is: Real change happens the moment you make up your mind to do it -- no matter what. Banish the voice inside that's always looking to negotiate a compromise. Enough with that "I'll start tomorrow" stuff. Instead, just go with this: "From this moment on,

I am doing this differently." Once the commitment is made, the rest is all about following through.

The JOOL First 20 Days Checklist is designed to help you get the traction you need starting now. There's plenty to do and explore so let's get started.

Day 1 (Get Started!):

- ☐ Download the JOOL app
- ☐ Create an account
- ☐ Identify your Core Values
- ☐ Try writing at least one component of your Life Purpose
- ☐ Chart Your Day
- ☐ Watch the [Getting to Know You video](#)
- ☐ Watch the [Daily JOOL video](#)

Day 2:

- ☐ Chart Your Day
- ☐ Watch the [About S.P.A.C.E. video](#)

Day 3:

- ☐ Chart Your Day
- ☐ Watch the [Philosophy of Purpose video](#)
- ☐ Do something, however small, to help bring you toward your purpose

Day 4:

- ☐ Chart Your Day
- ☐ Watch the [Energy and Willpower video](#)
- ☐ Really focus on monitoring your energy and willpower today. When is it highest and lowest?

Day 5:

- ☐ Chart Your Day
- ☐ Watch the [Are You On Target? video](#)
- ☐ Set targets for improving your S.P.A.C.E.

Day 6:

- ☐ Chart Your Day
- ☐ Try getting to bed a little earlier and see how you feel tomorrow.

Day 7:

- ☐ Chart Your Day
- ☐ Watch the [Science of Purpose video](#)
- ☐ Look back on your past week and think about how well you lived by each part of your life's purpose. How could you do better next week?

Day 8:

- ☐ Chart Your Day
- ☐ Try meditating for 10 minutes
(the Headspace app is a great tool for this).

Day 9:

- ☐ Chart Your Day
- ☐ Check out how well you've been meeting your S.P.A.C.E. targets and pick one factor that you could improve.

Day 10:

- ☐ Chart Your Day
- ☐ Watch the [What Makes You Tick? video](#)
- ☐ Explore “What Makes Your Tick?” to learn what gives you more Energy and Willpower.

Day 11:

- ☐ Chart Your Day
- ☐ If you haven’t already, add another component to your purpose.
- ☐ Share your purpose with someone close to you.

Day 12:

- ☐ Chart Your Day
- ☐ Use what you’ve learned about yourself from “What Makes You Tick?” to reset at least one of your S.P.A.C.E. targets to help improve your energy and willpower.

Day 13:

- ☐ Chart Your Day
- ☐ Try taking at least 10 “standing breaks” throughout the day when you feel like you’ve been sitting for too long.

Day 14:

- ☐ Chart Your Day
- ☐ Finding time for you purpose is hard. Schedule in some time for your purpose over the next week, and commit to keeping it.

Day 15:

- ☐ Chart Your Day
- ☐ Watch the [Tomorrow’s Outlook video](#)
- ☐ Find out what we predict your energy and willpower to be tomorrow.
- ☐ Use “What Makes You Tick?” to figure out something you can do exceed it

Day 16:

- ☐ Chart Your Day
- ☐ Find a problem, any problem, around you. Solve it.

Day 17:

- ☐ Chart Your Day
- ☐ Write a short paragraph for each of your 3 core values describing why each matters so much to you.

Day 18:

- ☐ Chart Your Day
- ☐ Identify a high-energy moment in your day and do something awesome with it.

Day 19:

- ☐ Chart Your Day
- ☐ Try cooking a new dish this week. Extra points for making it both healthy and delicious ([AllRecipes.com](#) is a great source for recipe ideas).

Day 20:

- ☐ Chart Your Day
- ☐ Reflect on your experience with JOOL so far. What have you learned about yourself? What changes have you been able to make in your life? Where can you still improve?
- ☐ Send us your feedback at feedback@joolhealth.com

www.joolapp.com

