

# *Jolt*

## *Challenge*

THE SELF INTELLIGENCE EXPERIENCE

# Journal

*Mind Warriors*

“Definitely the most comprehensive compilation of personal change techniques that I have ever come across.”

— **Phillip Mills**, author of *Globesity &*  
Creative Director, Les Mills International



# JOLT Challenge™

The Self Intelligence Experience

*“The unexamined life is not worth living.”*

—SOCRATES, PHILOSOPHER

## The JOLT Challenge journal

This journal forms part of the overall JOLT Challenge which includes:

- The JOLT Challenge book
- The JOLT Challenge journal
- The JOLT Challenge workout
- The JOLT Challenge self assessment module (SAM)

The JOLT Challenge is a 9 week course which consists of one introductory class and nine weekly themes. The journal content corresponds with the theory from the JOLT Challenge book and the 90 minute group workouts. The purpose of the journal is to provide experiences to bring the theory to life.

*Note:* The journal can be used as a stand-alone, however if you are more interested in the complete JOLT Challenge experience visit: [www.joltchallenge.com](http://www.joltchallenge.com)

This journal consists of three main parts: Exercises, Tools and Reflection:



### Exercises

For five days of each week you'll be asked to complete exercises that correspond to the reading in the JOLT Challenge book for that day. You'll need to set aside approx 30mins per day to do them.

The concept behind the exercises is that they are something you do once, to gain a deeper understanding of yourself. However, don't be limited to this as some of the exercises you may want to do on a semi-regular basis and others at a later stage depending on your life path. We know it's easy to say we can't find the time, but set aside about 30 minutes to do the exercises in the JOLT Challenge journal.



### Tools

Tools can be used repeatedly as a way to create habitual change and to help maintain continued balance in your life.

People ask us – if you're to make informed decisions about whether to use a tool or not, how long should you try using it? Maxwell Maltz, the founder of Psycho-Cybernetics, says it takes 21 days for something to become a habit.

We suggest if something isn't working for you or it still doesn't feel right after you've tried it three or four times on this Challenge – dump it and move onto something else. Of course, our little disclaimer here is that feeling uncomfortable can be a *good sign*. Often it means something is good for you because you're challenging your comfort zone and ultimately extending it. It may be that you revisit the tool at a later date and it's the perfect tool to help you at that point in time. Nonetheless, as a basic guide, stick to the three or four times tip.

*“Life begins at the end of your comfort zone.”*

—NEALE DONALD WALSCH, AUTHOR

## Reflection

The sections in the journal dedicated to reflection are essential to the process of you examining your life and setting yourself

up to reap the rewards. Reflection is a very powerful activity. It can stop the endless looping of thoughts by allowing you to acknowledge and clarify them, and then move forward. Reflection can give you another perspective, and help quieten the constant chatter that often fills your mind.

*“I never know what I think about something until I read what I’ve written on it.”*

—WILLIAM FAULKNER, AUTHOR

### Each week, you’ll also find:

- Summary maps reviewing information from the JOLT Challenge book
- Space to write the key learnings you’ve taken away from the week to use as discussion points in class
- Space to ask questions you might have and can bring to class to discuss amongst peers and ask your trainer
- Free space for reflection to express through drawing or writing free thoughts, ideas, arising from the week

You’ll also find the occasional  **Group Workout Exercise**

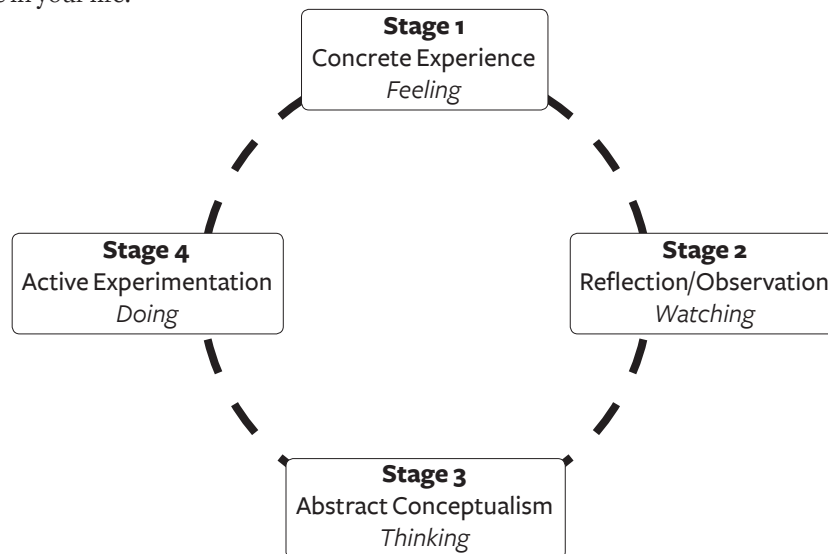
These exercises will be done during the 90 minute group workouts.

### Experiential Learning

*“Learning is experience. Everything else is just information.”*

—ALBERT EINSTEIN, PHYSICIST

The JOLT Challenge journal and workouts are based on the educational theorist David Kolb’s theory of experiential learning. That is, you need to experience the new learning, reflect on it, form new ideas as a result of that reflection, and then put those new ways into practise in your life.



#### Stage 1: Concrete experience

You have an experience by doing the exercise and activity whether it’s in the journal or workouts.

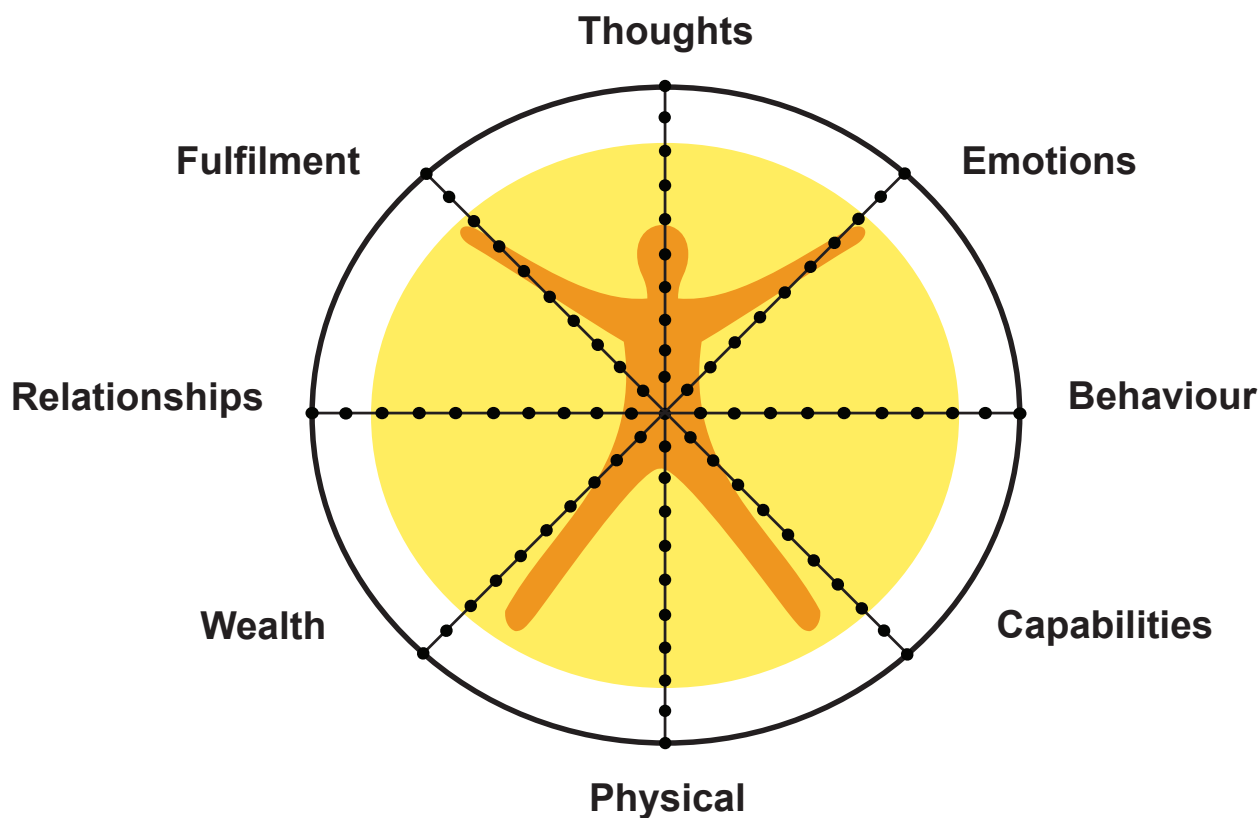


### Star Map

The purpose of the following exercise is to obtain a clear idea of how you see yourself. It will also provide insights and start to create a map that acts as the beginning point of a journey of self-discovery and creation. The map combines the basic areas of Self Intelligence integrated with **The Big 3** (Health, Wealth, Relationships). The centre of the wheel represents 0 (unsatisfied) and the outer edge 10 (fully satisfied). Indicate how satisfied you are by placing a dot along the line of each corresponding area. Once you have done this join the dots around the circle.

#### Ask your self

- How satisfied are you in your current ability to manage your thoughts, emotions or behaviour?
- How satisfied are you with your current capabilities?
- How satisfied are you with your current physical or wealth status?
- How satisfied are you with your current relationships?
- How satisfied are you with regards to leading a fulfilling life?



WEEK ONE:

# **Strengthen Your Foundations**

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(Refer JOLT Challenge book – pg. 1)

## **Purpose**

- To understand what stage in the learning cycle you are experiencing for important areas of your life
- To explore how to move from one stage of the learning cycle to another
- To practise creating small steps towards success
- To learn ways to plan a schedule that includes time for yourself and for projects
- To uncover and explore ways to overcome your thinking, emotional and behavioural barriers
- To learn multiple approaches to beat procrastination

## WEEK ONE

# Book summary map

