

LET'S TALK ABOUT...

# MOTIVATION



**WORKBOOK #1**



# Where Is My Mojo?



## Mojo vs Nojo

What are the areas of your life you know you're doing well in? What are the areas where you're feeling like you're falling short of what you want your life to be like?

I want to share with you the ideas of Marshall Goldsmith from his book 'Mojo – How to get it, how to keep it, how to get it back if you lose it'.

What does he say Mojo is? "That positive spirit – towards what we are doing now –that starts from the inside and radiates to the outside. Mojo is at its peak when we are experiencing both happiness and meaning in what we are doing and communicating this experience to the world around us."

When you have Mojo according Marshall that's when you are in control of 4 elements:

- Identity
- Achievement
- Reputation
- Acceptance

The next activity enables you to identify what might be sapping your energy, so you can address it and help get your Mojo back!



# EXERCISE

Give yourself some time and space to consider your responses.  
The more real you can be, the more useful you'll find it.

1

Really not good

2

Not OK

3

Sort of OK

4

Pretty good

5

Really good

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## Identity

Who do I think I am?

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## Achievement

What do I think I've accomplished lately?

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## Reputation

How do I think others see me and what I've achieved lately?

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## Self-

## acceptance

How do I feel about what I can change and what I need to let go of?



# Motivation VS. Intention



## Intention Implementation Strategy

We all have goals and the first thing that the most of us think about is how do we achieve them? We then say: "I need to get motivated!"

But it's not a motivation that you need. Research shows that having a simple strategy to actioning your goals is way more powerful than being motivated to achieving them.

Implementation Intentions ('if-then' planning) are an effective strategy for turning goals into action.

By using this strategy you can decide in advance the specifics of each action to take to achieve the goal. 'If-Then' planning removes the need to rely on motivation or willpower, which waxes and wanes in most people.



# EXERCISE

## My Intention Implementation Strategy:

**STEP 1:** State your intention – be clear on what you want to achieve

**My intention is to:** (behaviour, time, location)

Ex: My intention is to get rest and a good night sleep.

**STEP 2:** Plan – don't leave room for hesitation or procrastination

**If this happens:** (obstacle, challenge or problem)

Ex: If I haven't slept well for 2 nights in a row...

**Then I will:** (have an action plan in place – what, when, where and how)

Ex: ... then on the third night I will have no screen time after 8pm and I'll be in bed by 10pm.





## **Hungry for positive change? I can help you!**

Do you believe there is a pot of gold  
at the end of the rainbow?

Me neither!

But I do know the secret ingredients  
that can skyrocket your personal  
and professional growth.

Let me show you the way.

Book a free 30-minute strategy  
session with me.

**CLAIM YOUR FREE 30-MINUTE  
STRATEGY SESSION**

# **M2M**