



Nick Bishop Solutions

## How to recover your mojo!?

**While the dictionary definition may say a “Magic charm” or “Spell”, as we all know, it is important that we remember and recognise how to maintain a positive outlook in life.**



I was asked to speak at an event at Olympia this week...The topic...“How to recover your mojo”. Something that we all need to remind ourselves of. If we have some 28k days on this earth, how do we want to live those? We cant bank them! Once gone, each day is spent!

How was your day?...ok! Hey, is that the best you want! Surely you want to be your very best!?

What can I tell you in a few lines? How much could I tell in the hour that I had at Olympia?

- Think about your “Self Talk”...Is it helpful or hindering? Similar to affirmations, remind yourself of your great qualities. There will be many!
- Think about your “Conditioning”...Where your beliefs (many) come from. Perceptions and not the truth. Ultimately what we believe will drive our behaviours
- Create powerful GOALS, using SMART techniques. Three at any one time. Without powerful and specific goals, you wont have the drive and motivation to have your Mojo firing!
- Ask for help. With 7 billion people on the earth, any worries you may have, wont be unique
- “If you always do what you have always done, you will always get what you have always got”. Find new ways of doing things!
- Take personal responsibility for your life...You only have one!
- Read inspiring books that show how ordinary people have done the most incredible things in the most adverse of conditions
- Set personal challenges for yourself...Bite sized chunks and tick them off as you achieve them. Pat yourself on the back and smile and say to yourself “ Well done me” !
- Small steps repeated often create many miles of self discovery

**Always remember. A positive outlook will help both you and all that you interact with.**

**Be the “Best Version of you possible”**

***Life is 10% what happens to us, and 90% how we react to it***

**Dennis P. Kimbro**