

HAS YOUR
MoJo
GONE
MISSING?

**5 QUICK WAYS TO HELP
YOU FIND IT!**

GARY BERTWISTLE

HAS YOUR Mojo GONE MISSING?

When someone loses their Mojo, they lose their vitality, **their energy, zip, zing, verve, pizzazz, zest, zeal, spirit and punch.** Mojo is that extra spark that's the difference between having a good day and having a great day.

People with Mojo seem to attract different and better results, and they always seem to find themselves in the right place at the right time in order to gain that extra inch. The greatest achievers in any aspect of life – be it business, family, sport, politics, religion or community – are the people who achieve the most and live their life to the fullest ... people with Mojo.

If your Mojo's gone missing, **these five quick fixes** will put the passion, oomph, power and get up and go back into your day, every day!

They will have you living life to the fullest again.

1

PRACTICE PURE THINKING

'Three minutes of pure thinking is what we're after.'

That's what Rod the spin class teacher asked for during a cycling class I was attending at the gym one Thursday night. The moment he said those words it struck me that I had been thinking about everything except what I was in fact doing. As soon as he said 'pure thinking', I started to concentrate on my cycling technique, trying as hard as I could to cycle effectively.

After the class as I sat outside cooling down, I thought more about the term pure thinking, and realised that it's a talent people with Mojo definitely possess.

In this day and age, with the technology we have available to us, the opportunities for moments of quiet contemplation on any one subject are becoming more and more difficult to find.

I believe we should be encouraging pure thinking in all its forms (such as the gentle art of contemplation or day dreaming) to stimulate our imagination, which we can use for things such as problem solving.

People with Mojo often seem to have plenty of time on their hands and are always clear when it comes to a new or innovative way of solving a problem or issue. Pure thinking is about emptying your mind of everything else and concentrating on one thing and one thing only. It may only take three minutes, but you'd be surprised at how much more you'll create and how much better your imagination will be when you are focused on just one thing.

2

STOP LOOKING FOR WHERE TO LAY BLAME ... JUST FIX THE PROBLEM

In the movie *Rising Sun* starring Wesley Snipes and Sean Connery, there is a particular scene that sums up this sentiment beautifully. Sean Connery is talking to Wesley Snipes, and says, *'Blame, who's to blame? Fix the problem not the blame.'*

In other words: Find out what's gone wrong and fix it. No one is to blame.

The attitude of blame is unfortunately very prevalent in many corporate organisations, and even in some social circles. Quite often I hear audiences talk about the politics and finger-pointing that goes on in companies, and I find this really disappointing as all the blame game does is suck the creativity, inspiration, motivation and Mojo from not only individuals and teams but also the organisation in general.

In the book *The 10 Rules of Sam Walton – Success Secrets for Remarkable Results*, the author Michael Bergdahl recounts many memorable stories about Sam Walton, known affectionately by his team as Mr Sam.

In one of the sections *'Communicate With People and Show You Care'*, he said Mr Sam believed in spending his time solving problems, not wasting it trying to affix blame. This is probably why even with two million staff worldwide Mr Sam was idolised by each and every one of them. He was a people person who got on with doing the job, as opposed to affixing blame and pointing the finger.

3

USE PROBLEMS AS CREATIVITY CATALYSTS

While working in Japan with a large television production company I was able to spend some time with the CEO of the organisation. During our conversations we discussed various aspects of creative thinking, and the processes involved in problem solving and generating new ideas for television.

This CEO surprised me by saying how much he loved it when a client, supplier or staff member came to him with a problem. Naturally my question to him was, 'Why is that?'

He said that when someone approaches him with a problem it gives him a chance to think ... really think. He said too often he'd find himself so caught up in the everyday activities of the business that he never really had a chance to challenge how things might be done differently or to find an innovative new way to solve a problem.

This is why he relished the opportunity so much when it arose.

No matter what you do in life, both in and out of the workplace, problems are inevitable. What is important is how you choose to approach these problems.

I think it's a worthwhile exercise for all of us to ask ourselves – do you see your problems as a huge inconvenience or do you see them as an opportunity to flex your creative muscles and find a solution?

To really get your Mojo working, look at your problems differently and reframe them.

4

PUT YOUR SUB-CONSCIOUS TO WORK

It's believed that almost eight out of ten employees lose sleep thinking about work, or find themselves obsessing about work during their personal time. I can tell you right now this is one thing guaranteed to sap your Mojo.

A simple tool that can help you steal back your Mojo is allowing your sub-conscious to do some of the heavy lifting.

In order to do this, you need to temporarily forget whatever it is that you need to think about ... and let your subconscious ponder it for a while.

Your subconscious mind is like a giant cook pot. The best way to use it is to put all the information into it, put the lid on, walk away, let it simmer, and come back to it at a later time – it's just like cooking a stew.

So if you're at work and you have a problem or situation that is worrying you or needs to be addressed, simply jot down some notes regarding the issue, and when you're done, put the pen down, turn the page over and literally forget about it. Go back to it in a couple of hours or days (depending on how much time you have) and check in. You'll be surprised at what solutions and answers you'll have found while you've been consciously working on something else.

People with Mojo don't dwell eternally on issues – they think about it, put it to rest, and come back to it at a later stage. By using your subconscious to deal with problems or to come up with solutions, you will free up your mind, put yourself back in control of your life, and in the process steal back your Mojo.

5

GET OUT MORE

I bet this scenario sounds familiar: answering your phone while checking your emails, flicking through your diary and pulling out that file before the next meeting ... all while trying to shovel a sandwich into your mouth.

With all the tension, distractions, multitasking and stress in our daily lives it's little wonder your Mojo is being stolen away.

Take a moment to think about where you were when you came up with some of your great ideas.

Audiences I've worked with all over the world come up with remarkably similar responses: the car, the gym, walking the dog, relaxing with friends, drinking in the pub, cooking, at the movies, sitting in the bathtub, or even on the toilet! I'm sure if you compare your answers to these you would find there are similarities, and chances are the locations you have on your list are the places where generally you are most relaxed.

Unfortunately for a lot of people, they spend the majority of their time in the workplace in front of their computer or jammed in a boardroom, which really doesn't make sense if you want to get your creative mind and your Mojo working.

Creative ideas come to you when you drop your shoulders and are completely relaxed ... which is why a lot of ideas come to us in our sleep.

If you want to get your Mojo working and increase your creativity, imagination and problem-solving then you need to get out more and spend more time in the places where you are most relaxed.