MOJO - THE SUMMARY

By Deepak Bharara

"I got my black cat bones all pure and dry, I got my four-leaf clovers all hanging high, I got my mojo working," says the happy refrain of "Got My Mojo Working," a 1956 song by Preston Foster, later made famous (with slightly different lyrics) by bluesman Muddy Waters

"Mojo" originally referred to a magical charm bag used in hoodoo, traditional African-American folk magic. The term Mojo now connotes the idea of a positive life filled with meaningful activity. "Is Mojo working for you"?

As per Marshal Goldsmith "Mojo" mean a happy sense of purpose. How to boost your upbeat philosophy and good uplifting

Let us learn .....

What "Mojo" is and what its components are
What "Nojo" is and
How to Measure & enhance your Mojo

What is Mojo

"Mojo" means positive engagement, a feeling of happiness that radiates from within and exuberantly emanates outward. This sense of joy and meaning leads to a purposeful life in the here and now....

Mojo is not a natural state. it is something, you must work to develop

"Nojo" is mojo's exact opposite: bitterness and dissatisfaction

Mojo has four aspects:

Identity
Achievement
Reputation
Acceptance

Successful people build the identities they want, not the ones their past or other people might have dictated. A sense of identity and achievement is the essence of mojo

What is Mojo

Mojo concerns both your personal identity ("you") and your life situation ("it"). to achieve balance, sometimes change the "you"; other times change the "it"

Use the "Mojo scorecard" to measure the joy and meaning you derive from each activity you do based on 10 criteria (talked later)

The "Mojo toolkit" helps you reject negativity, deal with problems you can change and set aside the ones you can't change

You can enhance your Mojo alone, but it's easier if you ask for help

How's your Mojo

Is your Mojo working?

Mojo is a sign that you're at full speed. It's your good fortune and drive, the element that's working when you're doing something optimistic and good

It's the spark that others recognize. For athletes, Mojo means being "in the zone." It is a "positive spirit towards what we are doing now that starts from inside and radiates outside"

"Mojo plays a vital role in our pursuit of happiness because it is about achieving two simple goals: loving what you do and showing it"

"Mojo...is the moment when we do something that's purposeful, powerful and positive, and the rest of the world recognizes it"

How's your Mojo - Elements

"Positive spirit" – clear for all to see, it signifies "happiness and meaning"

"Toward what we are doing" – this concerns the joy your activities provide

"Now" – a vital distinction. mojo is about the immediate moment, not the past or future. great professionals with mojo exist in the here and now, fully involved in – and happy about – what they are doing at the present

"That starts from inside" – you know mojo if you have it

"And radiates outside" – if you have mojo, others know it too; you emanate joy

"What is the one quality that differentiates really successful people from everyone else?...truly successful people spend a large part of their lives engaging in activities that simultaneously provide meaning and happiness...[they] have mojo"

Nojo & How's your Nojo

The opposite of mojo is "Nojo," meaning "no joy" people burdened with Nojo are flat, listless, bored and bitter – and they let everyone know it. They're "zombie-like," laden with negativity, victimization and resentment.

But people with mojo relish each day, look forward optimistically and "take responsibility" for their lives. When you have mojo, you are happy; life has meaning

"The most successful professionals are always 'on' when they're engaged in their craft"

Building your Mojo

Mojo is not a natural state; people must develop it as the "Mojo paradox" explains, humans are programmed to live without meaning, and to function with almost irresistible inertia – the tendency to continue mindlessly doing what you're doing now. Inertia paralyzes people and prevents growth, since personal development disrupts the status quo

Enhancing your Mojo – learning to build yourself up – requires making an effort to change and having the commitment to stick to that goal. Use consistent follow-up to prevent sliding back into old patterns. Coaches or managers can perform this crucial follow-up, but you also can do it for yourself, if you learn how

Building your Mojo

To build your mojo, analyze all your daily activities by asking yourself these two questions:

Meaning – what does this action deliver in terms of purpose and reward?

Happiness – how much joy and contentment does it provide in the short range?

"Many of us make the mistake of treating our identity as a fixed, immutable object"

Once you routinely evaluate each day's events for meaning and happiness, you will naturally optimize those activities. Decide in advance if you should engage in an action or not.

"Worrying about the past and being anxious about the future can easily destroy our mojo"

Building your Mojo

Mojo, depends on four components:

"When we are measuring our mojo, we do so in the immediate present, not in the recent past or vague future"

Identitiy
Achievment
Reputation
Acceptance

Mojo Scorecard

People have two kinds of mojo:

"Professional Mojo," which concerns their talents and temperament

"Personal Mojo," which involves the benefits they derive personally from their activities

Your mojo level will vary depending on how your work-related and personal activities affect you and how you see them

To detect that variation, grade each activity from one to ten in each of the 10 categories listed on the mojo scorecard

Each task has the potential to score a maximum of 100 points, 10 for each category

Once you tally the total score for each task, use your scores to determine which activities are increasing your mojo and which ones are not…

Scorecard for Professional Concerns

"There are plenty of people who demonstrate great mojo and are not trying to change – they are finding happiness and meaning in their lives"

"Motivation" – are you just passing time in this activity (low score), or are you enthusiastically involved (high score)?

"Knowledge" – if you know exactly how to do the skills this activity demands, give yourself a high score for know-how. if you are unsure, assign a low score

"Ability" – if you have the skills to do this activity with style and efficiency, tally a high score. use a low score if you don't

"Confidence" – if you have no doubt about your ability to do this work well, you get a high score. if you feel shaky about it, mark it down

"Authenticity" – if you genuinely like doing this activity, rate it high; if not, rate it low

Scorecard for Personal Concerns

"Happiness" – assign a high score if the activity brings you joy; if not, score it low

"Reward" – is the activity worth it, financially or otherwise. yes gets a high score

"Meaning" – does the activity fulfill you? score high for yes and low for no

"Learning" – if this activity helps you grow, it gets a high score. if not, it doesn't

"Gratitude" – are you glad to be doing this? appreciation garners high points; drudgery does not

"Many successful people have a tendency to overestimate their strengths and underestimate their weaknesses"

"Your Mojo Toolkit"

Mojo concerns your personal identity ("you") and your life situation ("it")

To enhance your mojo, sometimes you must change the "you" aspect of things; other times you must change the "it" aspect

Figuring out which one needs fine-tuning isn't always easy

MOJO Tool Kit

Establish criteria that matter to you
Find out where you're living
Be the optimist in the room
Take away one thing at a time
Rebuild one brick at a time
Live your mission in the small moments too
Swim in the Blue Water
Know - When to stay, when to go
Hello Good bye
Adopt Metric System
Reduce the time you waste
Influence up as well as down
Name it, frame it & claim it
Give your friends a life time pass

ASK FOR HELP WHENEVER NEEDED … Be shameless

MOJO can be termed as Mauja Hi Mauja

Yes…Mauja Hi Mauja – Jab We Met

Thank you