

THE PERSPECTIVE TALK

BREAKING DOWN THE MOJO JOURNEY

3 MINDSETS & 3 QUESTIONS

CONNECTION MINDSET | Who am I? |

How do we connect with ourselves first, before we connect with the outside world.

PURPOSE MINDSET | What do I want? |

Unlocking a sense of contribution and meaning in our life as we find our our 'Why?'

PERFORMANCE MINDSET | How do I get there? |

Accepting the things we can can't control and focusing back on the things we can.

MOJOISM:

We either take control and decide our perspective or we let the conditions of our reality decide our perspective for us. It's our decisions not the conditions.

CHANGE 'GOT TO' → TO 'GET TO'

STUCK AT HOME → SAFE AT HOME?

MOJO'S PURPOSE

To inspire the world how to be a good human-being first and a great athlete* second.

*if you play, have fun & compete...you're an athlete

CONNECTION MINDSET | Who am I? |

Connection explores how we connect with ourselves before we connect with others. We learn to accept ourselves unconditionally and celebrate our imperfections and authentic self, and letting go of what others think of us or expect us to be.

CONNECTION IS WHY WE EXIST

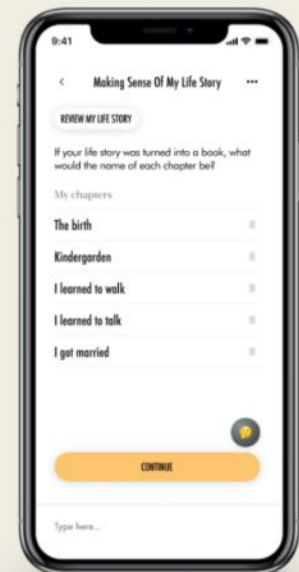
4 KEY POINTS

- 1 - We need to celebrate our imperfections.
- 2 - Embrace vulnerability as a strength.
- 3 - You can't be a good storyteller, until you know your own story, first.
- 4 - There is no external validation that will ever determine our self-worth, we can only find it internally.

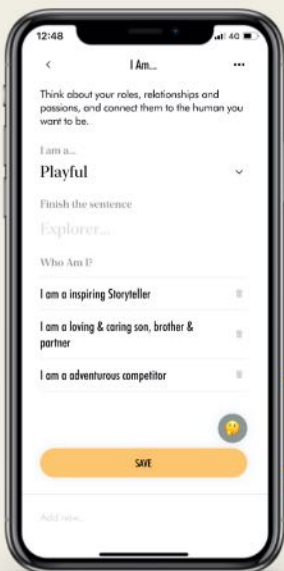
EMBRACE YOUR
celebrate
imperfection
★
WEIRD

MOJOISM:

Its not our experéiences that determines our lives, it's the meaning and narrative we put behind the experience.



CHAPTER 1, EXERCISE 2 & 3



CHAPTER 1, EXERCISE 7

AN IDEA:

Tomorrow morning start the day with a 'TO-BE' list

PURPOSE MINDSET | What do I want? |

Purpose is where we identify what lights us up at our core and unlocks a greater sense of contribution and meaning to our lives. We figure out our 'Why?'

3 KEY POINTS

1 - Finding your purpose involves asking yourself a series of questions:

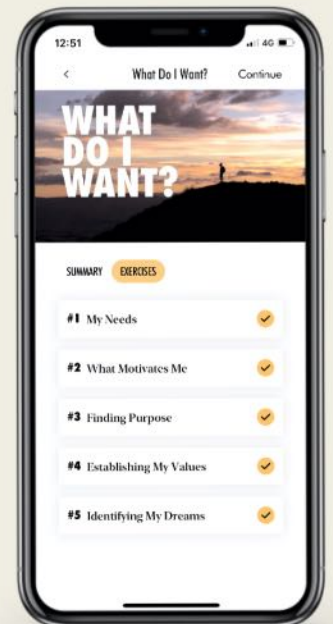
- (a) What excites me about helping others?
- (b) What is it that I do for them?
- (c) What do they want or need?
- (d) And how do they change as a result?



2 - We're all on the Hero's Journey

3 - By unlocking purpose, we unlock a perspective shift from:

- I to WE
- Persona to Person
- Expectation to Appreciation
- Achivement to Fulfilment
- Resume Virtues to Eulogy Virtues



CHAPTER 2

MOJOISM:

Our greatest growth comes from our darkest times.

AN IDEA:

Tomorrow morning make the first question you ask yourself: How can I be the best part of someone else's day?

PERFORMANCE MINDSET | How do I get there? |

Thinking of life as a performance, we develop a system that enables us to focus on the things we can control, whilst identifying and removing the uncontrollables and expectations that interfere and distract us from the best version of ourselves.



3 KEY POINTS

- 1 - Accept the things I can't control and focus back on the things I can.
- 2 - Confidence comes from 2 places only - Mindset & Training.
- 3 - No one in this world can do anything in this world on their own.

MOJOISM:

Win the morning, win the day.

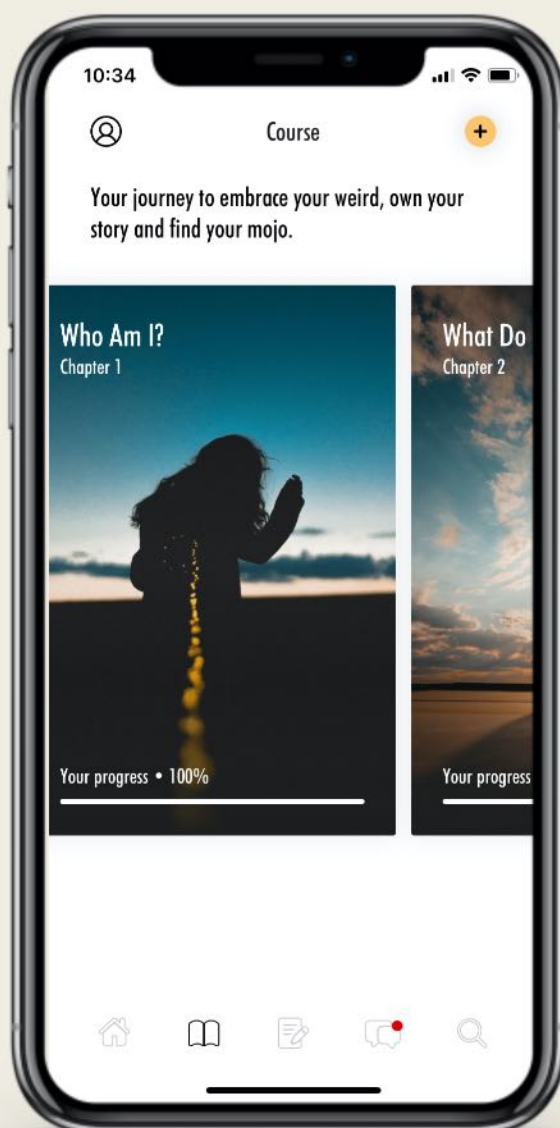


CHAPTER 3 EXERCISE 5

AN IDEA:

Tomorrow morning when you wake up, use the gratitude manifesto to start your day... What are 3 things I am thankful and grateful for?

ARE YOU READY TO START THE MOJO JOURNEY?



[CLICK HERE TO JOIN](#)

Embrace Your Weird. Own Your Story. Find Your Mojo.