

## Have lost my Mojo?

If you are feeling depleted, overwhelmed, stressed-out, frumpy, tired, bored or lethargic, you may have lost your mojo. Once you lose it, it is really hard to find the motivation to reclaim it. But you can't remain in that mojo-less place for too long, or your lost mojo might mushroom into an even worse state of mind.

### Take this little quiz

If you answer yes to the following questions there is a good chance you have lost your Mojo.

1. Are you constantly feeling tired and your quality "me time" is nap time?
2. Do you wander around arts n craft stores looking for inspiration and perhaps a new hobby that you can feel excited about?
3. Do you feel dissatisfied with your life even though nothing fundamental has changed?
4. You know fresh air and exercise is supposed to be invigorating and helps you to feel energized but even thinking about exercise is exhausting.
5. Are you bored with the things that you used to find fun and entertaining?
6. Would you prefer to eat take out alone than cook up a fancy meal and invite people over?
7. Do you ever look at your life and think "is this it"?
8. Do you cut your own hair and think manicures are a waste of money ?
9. Have you been struggling to take off that last 10 pounds (or 20 pounds) for more than 6 months?
10. Have you given up on the dreams of your youth because - you think it's never going to happen and I am probably too old now anyway?

Of course your missing Mojo might also be attributed to other factors such as; The kids have left home and you are feeling as if no one really needs you anymore. You may have been laid off work or retired - this can be challenging and a period of adjustment may be needed. A relationship might have ended this could be a romantic relationship or even a close friendship .

The good news is you can get your mojo back it has not completely shrivelled up and died. It just needs a little boost.

In her book "The Art of being amazing" Linda Finstad lists 14 ways to get your mojo motor running. These 14 easy to follow steps require no special training or equipment which means you can get started right away. Don't spend another day feeling blah when you can choose to be amazing.

