RECLAIMING YOUR MOJO
A LESSON ON HOW TO BALANCE WORK & PLAY

What are the reasons we lose our Mojo?

"It's your attitude on the job matters. If you love yourself partly and don't have yourself too much, you can say no that the boss likes everybody who, no matter what it is a reason." - Bobby Atcheson

Do you use all of your 5 senses?

When did you start to change?
RECLAIMING YOUR MOJO
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What are the reasons we lose our Mojo?

"It's your attitude to life that matters. If you take yourself lightly and don't have yourself too seriously, pretty soon you can find the humor in everyday things, and sometimes it can be a lifesaver." - Betty White

What drives you to attend live school?
Mary Griffin:
Your Trainer in Today's Workout

"Whether in a foreign country, in court, or in my most recent journey battling breast cancer, I believe life isn't defined by the details of your circumstances, but by your attitude toward the adventure. I am a cancer warrior-not a survivor, and the distinction is incredibly important"
What is **MOJO**?

- Magical Charm
- Power
- Happiness
- Motivation

- Talent based on Good Vibes and Personnel Appeal
Have you lost your **MOJO**?
Losing Your **Mojo** Can Cause Suffering...
Survey says Attorneys are...

- Jerks
- "Know it alls"
- Stuck up
- Lack Morality
- Arrogant
- Greedy
- Serious
- NO FUN
Did You Know?

- 7 Attorneys in Tennessee committed Suicide in 2015

- According to the Center for Disease Control and Prevention, lawyers rank 4th in suicides in the United States.

- 3.6 times more likely to suffer from depression than non-lawyers
What drove you to attend Law School?
"The world is much smaller than you think. Made up of two kinds of people-simple and complicated...The simple ones are contented. The complicated ones aren't."
Willie Without, Margaret Moore, 1951
When did you start to change?
What did you want to be as a kid?

"The best ways to make your dreams come true is to wake up." -Paul Valery
Did you have a Sense of Wonderment?
What's on Your Bucket List?
Rev up your **MOJO**

"Do one thing everyday that scares you."
- Eleanor Roosevelt
"And half the fun of nearly everything, you know, is thinking about it beforehand, or afterward."
Uncle Wiggly's Story Book, Howard R. Garis, 1921
Embrace Fear
Find Joy
What are the reasons we lose our Mojo?

"It's your outlook on life that counts. If you take yourself lightly and don't take yourself too seriously, pretty soon you can find the humor in our everyday lives. And sometimes it can be a lifesaver." -Betty White
There's power in looking silly and not caring that you do.

-Amy Poehler
Do you use all of your 5 senses?
What Makes a Balanced Life?
Formula for a balanced life?

Social/Spiritual

Work

Personal Enjoyment

Family

Get a **MOJO** mantra
Get a **MOJO** mantra
What is Happiness?

Illustrated by GoStrengths.com

- good stuff happens
- set level of happiness
- bad stuff happens
Money DOES NOT equal happiness
Are you ready to reclaim your **MOJO** and balance work and play?
Yeah Baby,

I've got mojo!

Find your MOJO

Revive your Sense of Wonderment

Tap into all 5 Senses