

Motivation for LIFE

Ten Tips to Boost Your Mojo



Tip 1: Appreciate the Little Things

We live in an amazing age of rapidly changing technology that has greatly increased our quality of life. Take electricity for example; It took Edison 10,000 experiments to invent a working light bulb & thousands of other individuals have worked tirelessly to bring it to your home. From the men & women working in the power plant, to the power line maintainers, to the guys & gals in the trades installing the fixtures in your home. It took a lot of effort to get that light to come on that you take for granted!

Tip 2: Go for a Brisk Walk

In a recent Duke University study, exercise was found to be as effective as the antidepressant drug Zoloft. Better yet, those who exercised had a lesser chance of relapsing because they made exercise a part of their lifestyle. So next time you're in a funk, get the heart pumping with a brisk walk. Just increasing your heart rate for as little as 10 minutes can boost your mojo.

Tip 3: Randomly Compliment Someone

The next time you notice someone is feeling down, pass a compliment with a soft smile their way. You'll notice both your spirits being lifted from a phenomena called "Emotional Contagion". When a person mimics a certain facial expression directly tied to an emotion (smiling = happy) their body will react as though they are experiencing that emotion. Thus smiling can be one powerful factor in improving your happiness and the happiness of others.

Tip 4: Sing Along with Your Favorite Music

Stuck in traffic on the morning commute? Belt out your favorite tune as loud as you can. Getting upset isn't going to make the mile-long back up disappear, so why not make the most of the situation by boosting your mojo through the power of song.

Tip 5: Eat a Dark Leafy Green Salad

You are what you eat. So don't be fast, cheap, & easy :) Give your body the fuel it needs to survive & thrive. The easiest way to start is by adding a salad loaded with dark leafy greens like spinach & kale (AKA the world's healthiest foods) before dinner.

Tip 6: Keep a Gratitude Log

Often, we dwell on the 1 thing we don't have instead of appreciating the 100's of things we do have. Start a Gratitude log by writing down 3 things you are grateful for each day. In no time you'll have 100's of things listed and the next time you find yourself stuck on 1 negative thought, turn it around by breaking out your gratitude log. Once you start reading about all the amazing things you have in your life, you'll stop dwelling on what you don't have.

Tip 7: Help Someone in Need

Altruism has been proven to increase the feel good endorphin, serotonin, in the receiver, giver, & bystander of a kind act. So why not start the feel good flow by giving what you got. A smile, a hug, a meal... whatever!

Tip 8: Take a few Deep Breathes

Next time you catch yourself slipping into a stress response, stop and take a few deep breathes. Shoot for 4 seconds as you inhale deeply through your belly button, then press your belly button inward (like you're putting on a tight pair of pants) as you slowly exhale for 6 seconds. Repeat this a few times to shift your bodies natural "Fight or Flight" response to stress, to one of "Pause and Plan".

Tip 9: Move & Stretch

Stress & Emotions can be carried in tight muscles. Get some blood flowing to those stubborn muscles with a little movement. After the muscle has been warmed up, lengthen it with gentle stretching. Hold the stretch for 30 seconds, roughly 3 breathes, and imagine the muscle loosening it's grip.

Tip 10: Say Thank You & Mean It!

Gratitude is one powerful emotion. It's tough to feel Fearful & Grateful at the same time. Next time someone is doing something as simple as bagging your groceries, give them a heartfelt Thank You! We're all connected more than you think :)

*For more tips visit us at: SmallStepsApproach.com
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- These tips are not intended to diagnose or treat any known medical condition. Always consult your physician before engaging in any type of life altering plan.