

# Reigniting that Mojo

**How to Reinvigorate  
Your Purpose,  
Passion & Drive**





# Resources



<https://qrco.de/bdAHFF>



# Today's Objectives

- Identify your purpose
- Ignite your ambition
- Create a vision with goals
- Identify ways to give & receive support to collaborate
- Infuse yourself with positivity



# Identify Your Unique Gifts & Purpose

- What are your unique talents & strengths?
- How might these benefit NERA in new ways?
- How can you see yourself expand within the company?



# Ignite Your Ambition

- Know you're far more than a task-master
- Ask yourself Miracle Question
- Understand that tending to your dreams is self-care
- Recognize personal & professional success are two sides of same coin





# Envision Success

**“First say to yourself  
what you would be;  
and then do what  
you have to do.”**

**- Epictetus**



# Visioning

- Career Counseling or Coaching
- Professional Associations
- Mentors & heroes
- 1-3-5 Year Plan
  - Include work/life balance



Joyce Martin



# Activity #1

## Set SMART Goals

- **S**pecific
- **M**easurable
- **A**chievable
- **R**ealistic
- **T**imely





# Think Beyond Yourself to Expand Your Success

- Operating in silos is inefficient
- Move beyond being a task-master
- Foster collaboration
- Synergize for success
- Volunteer for the firm (training & recruiting)



# Come Into the Office & Collaborate

- Identify the barriers
- Recognize the costs
- Focus on the benefits
- Foster collaboration, teambuilding & positive morale





# Shift to an Abundant Mindset to Facilitate:

- Creativity
- Positivity
- Hope
- Openness
- Flexibility
- Growth and expansion
- Empowerment



**Joyce Marter**









# Activity #2:

## Create Your Advisory Board

- **Personal Advisory Board**
  - Close friends, close family, partner, BFF, therapist or coach, etc.
- **Professional Advisory Board**
  - Supervisor, mentor, coworkers, coaches, teachers, etc.





# Foster Positivity

“A man is but the product of his thoughts...what he thinks, he becomes.”

- Mohandas Gandhi



WTF





**When you refuse to  
believe something  
is impossible, it  
becomes  
POSSIBLE.**







Success is a state of mind.  
In order to be a success,  
you must first think of  
yourself as a success.

**~DR. JOYCE BROTHERS**





Remove Barriers and See  
Possibility

**Joyce Marter**



# Change Your Language

“I don’t” to “I do” (e.g. “I don’t deserve prosperity” to “I do deserve prosperity”)

“I won’t” to “I will” (e.g. “I won’t get the job” to “I will get the job”)

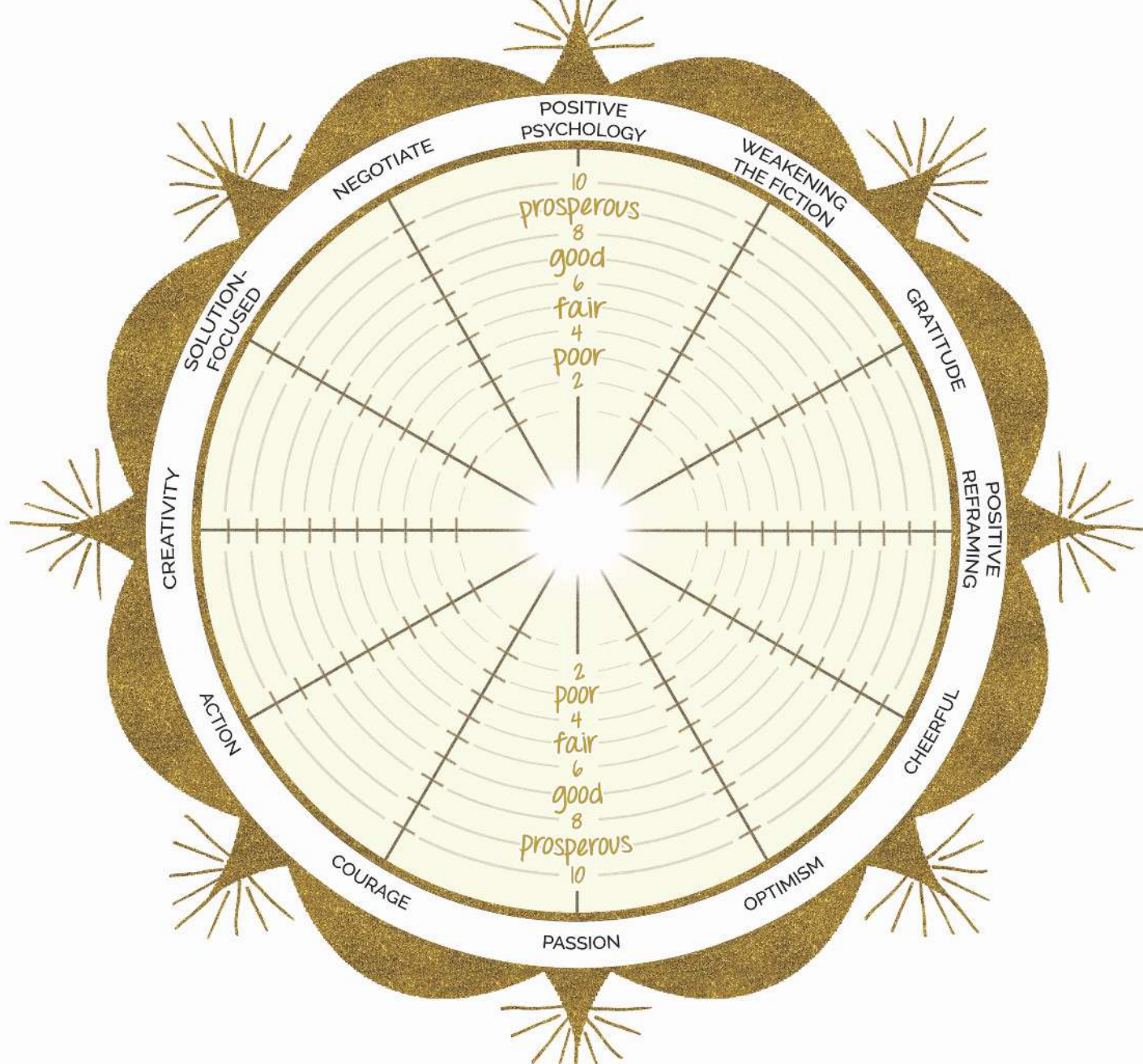
“I can’t” to “I can” (e.g. “I can’t start my own business” to “I can start my own business”)

“I’m not” to “I am” (e.g. “I’m not very good at what I do” to “I am good at what I do”)

SITUATION	THOUGHT	EMOTION	BEHAVIOR	ALTERNATE THOUGHT
Your coworker received the promotion instead of you.	"I suck."	Anger, sadness, shame	Sulky and passive-aggressive	"There will be a better opportunity for me in the future."

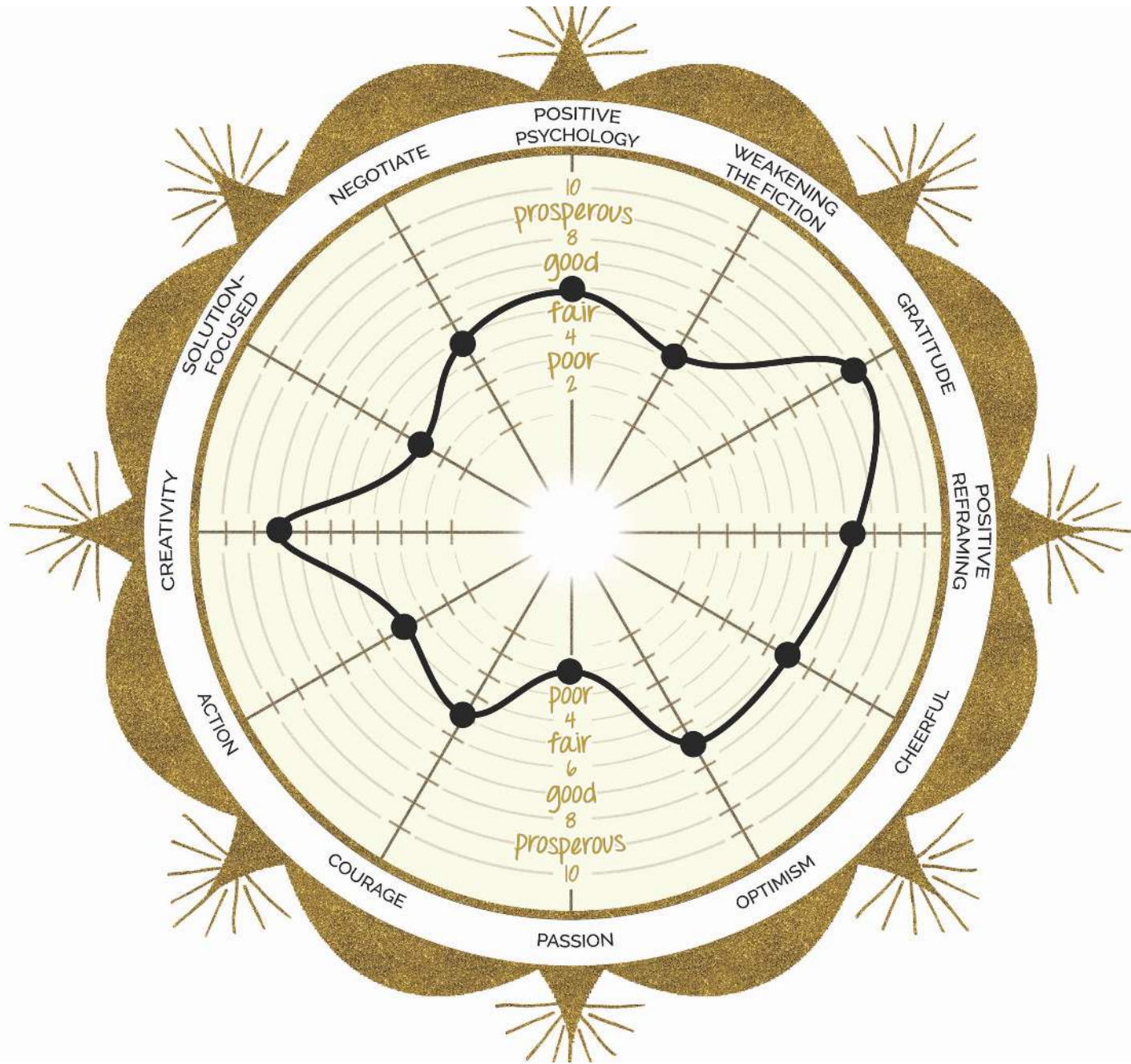


# Activity #3



## The Positivity Wheel

# Activity #3



**Sample  
Completed  
Positivity  
Wheel**





**SUCCESS is to live openly, authentically, & lovingly in alignment with the highest good of self & others – to the greatest extent possible.”**

**Joyce Marter**

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# Thank You!

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