



Next Third Thursday Webinar

JULY 20, 2017
A New Season

Our new season of webinars begins on Thursday, July 20, 2017. Please take time to visit the Success Series Webinar page and register so that you'll receive reminders of the webinars and the link to join us for these events.

Watch for the videos of our latest series of webinars coming soon to the CPTP YouTube Channel. <https://goo.gl/iSOiJP>

Useful sites on this month's topic:



How's your MOJO?

During our April 2017 webinar, we discovered that, here in Louisiana, MOJO is alive and kicking. It just needs a little boost now and then.

Mojo is defined as our passion and our excitement for what we do. It's what keeps us engaged in our work. It's fueled by our willingness to learn new things, develop new skills, and look at old problems in new ways.

We know that we'll have lulls in our enthusiasm. The good thing is that there are techniques to help remind us what's important. They can also help us recapture the excitement in our work and recognize the difference we make to the citizens of Louisiana every day.

This webinar shared some ideas to do just that. We hope this handout will help you on the road to "Get Your Mojo Back!"



REDISCOVER OUR JOY

A great place to start this discovery process is to stop and ask yourself, "What's fun to me?"

This will remind you of the things you enjoy doing. Or it might make you realize that you've lost sight of the joys in your life and need to regain balance.

- What were the things that first attracted you to the type of work you do? What actions could you take to get back to that feeling of excitement? Come up with a list of ideas and try incorporating one whenever you need a boost.
- Teach others about your job. A high school career day could remind you that your career is more than a job, and that it helps all of your neighbors in Louisiana.
- The bucket list items of our webinar viewers included skydiving, paddle boarding, horseback riding, writing a book, getting a word in the dictionary, and visiting foreign lands. What's on your list?
- Consider that bucket list. If your bucket list item is a trip to Paris and that seems too far off, how about making it feel closer by taking French lessons?



HANG AROUND INSPIRING PEOPLE

Notice the people you associate with and think about how they make you feel. Some people are truly positive forces in our workplaces. For example, during the April webinar, viewers identified a number of people who inspired them.

Here are just a few of the individuals who were cited as **inspiring individuals** by webinar viewers:

Troylyn Billew, Toby Comeaux, Keith Cunningham, Byron Decoteau, Libby Gonzales, Sharon Gonzales, Sharon Hebert, Dana LeBherz, Myra Musgrove, Michelle Norwood, Melinda Robert, Ken Schnauder, Rainette Stephens, Dana Tate, Doug Traylor, Lester Turner, Makayla Weber-Harris, and Linda Winnfield.

- After the webinar, these and other employees were thrilled to discover they had been identified as inspiring individuals by their coworkers.
- The simple act of telling someone they are an inspiration to us is already creating stronger relationships, better communication, and improved morale. How about trying it today by telling someone how they've made a difference for you?



GET PHYSICAL

Start small and make exercise fun for you.

- Take the stairs. Annie Douglas recommended that we don't just take the stairs down. Yes, she reminded us to take the stairs up for an even better workout.
- Lauren Byrd pointed out the value of eliminating overeating. Several small meals are preferably to a few big meals that leave us feeling stuffed and uncomfortable.
- You can even take something from your bucket list and turn it into an opportunity to exercise. For example, Faun decided her bucket list item was to swim with the whales. She started training by swimming every morning before work. And yes, she did swim with the whales and is moving on to yet another bucket list item...



HELP OTHERS

- Getting outside of our problems and joining others in a project such as Habitat for Humanity, church and community projects, charity runs, and other such events can get us out of a mojo rut. The added bonuses are that we learn new skills, get healthier, and meet new positive, caring people.



ADDRESS STRESS

- Try a stress buster like music, meditation, prayer, or simply conversation with friends.
- Break big projects into small chunks.
- Reward yourself when you accomplish things.
- Give yourself a break when things don't go perfectly. And don't forget to celebrate whatever you've learned from the experience.
- Try "unplugging" to reduce stress. Did you know that an estimated 88% of us have a second screen open while watching television? A phone, a tablet, our laptops – all of these can lead to negative side effects such as sleep disturbances and added stress.
- Assign a time, daily or weekly, to unplug. You can focus on being "in the moment". Potential positive side effects of unplugging can include enhanced productivity, improved memory retention and mood, better sleep quality, increased awareness of your surroundings, and even energy bill savings.
- Find ways to inspire yourself. For example, turn your passwords into motivating statements. It's a great way to ensure you say something positive to yourself every day.



TRY SOMETHING NEW

- Take a class. Whether it's a seminar or short term class or a decision to return to school, learning helps us to rediscover our passions and to develop our confidence.
- Ask someone to teach you something that you're interested in. You'll improve that relationship and learn something at the same time.
- Visit one of the great sites in Louisiana that you've never seen.
- Get a new outfit or change your look. It's amazing how the way we look on the outside can affect the way we feel on the inside.
- Take a different route to work. Pay attention to your surroundings. Use this drive as a time to eliminate any negative thinking, too.
- Create a fun music collection that gets you inspired and play it when you feel the "blahs" coming on.
- Redesign your workspace to make it more efficient ... and fun, too.

Visit these sites and enter MOJO in the search bar for articles that can give you additional inspiration:

- LiveBoldandBloom.com
- DaringToLiveFully.com
- Forbes.com
- Inc.com