



## “Feel Like You’re Mojo Deficient?” — Worksheet —

Do you feel like you're Mojo Deficient, lacking confidence or self-esteem? This is often because your inner truth has been compromised in some way, maybe even corrupted after a spiritual injury or trauma. Your ego starts screaming at you, and because of this, your Inner Teacher has a hard time getting through with it's valuable guidance

In this episode, I'll show you what to do when you've lost your mojo, so tune in!

### 3 Takeaways

1. Many spiritual teachings may contain an element of truth, but they aren't usually 100% accurate
2. When you expand your knowledge, your Inner Teacher can find NEW ways to communicate with you
3. New ideas create new thoughts patterns, and this helps get your mojo back!

### Biggest Mistake to Avoid

Allowing negative thoughts to build one upon another, instead of taking in new information that creates new thought patterns.

### This Week's Exercise:

What spiritual teacher inspires you, and what have they said that resonates with you? Their quote may become a “Mojo Mantra” for you ... something you can come back to whenever you're feeling mojo deficient.



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