



Measuring Your MOJO

PROFESSIONAL MOJO: What I Bring to This Activity

MOTIVATION	You want to do a great job in this activity. (If you are just “going through the motions” when you are engaged in this activity, your score would be low.)
KNOWLEDGE	You understand what to do and how to do it. (If you are unclear on processes or priorities, your score would be low.)
ABILITY	You have the skills needed to do the task well. (If this activity does not fit your talents or competencies, your score would be low.)
CONFIDENCE	You are sure of yourself when performing this activity. (If you feel unsure or insecure, your score would be low.)
AUTHENTICITY	You are genuine in your level of enthusiasm for engaging in this activity. (If you are “faking it” or being insincere, your score would be low.)

PERSONAL MOJO: What This Activity Brings to Me

HAPPINESS	Being engaged in this activity makes you happy. (If it is not stimulating, creates misery, or is otherwise non-joyful, your score would be low.)
REWARD	This activity provides material or emotional rewards that are important to you. (If the activity is unrewarding or if the rewards do not matter to you, your score would be low.)
MEANING	The results of this activity are meaningful for you. (If you do not feel a sense of fulfillment or that you’re contributing to a greater good, then your score would be low.)
LEARNING	This activity helps you to learn and grow. (If you feel that you are just “treading water” and not learning, your score would be low.)
GRATITUDE	Overall, you feel grateful for being able to do this activity and believe that it is a great use of your time. (If it seems like a poor use of your time or you regret doing it, your score would be low.)