

## Dr. Anna's Mojo Leak Finder



The Mojo Leak Finder is a checklist of 80 items that helps you identify areas of your life where you may be tolerating things and leaking energy. These “tolerations” result in stress and the needless use of mental energy! Plugging the “leaks” lowers your stress level and helps your life run more smoothly.

These 80 items are grouped in 4 areas of life with 20 in each group:

- Physical Environment
- Well-being
- Money
- Relationships

These 4 areas are the cornerstone for a strong, healthy, well-running life. The Mojo Leak Finder helps you clean up, restore and polish nearly every aspect of your life. Completing all the items on the list is a **process** and may take 6 - 24 months to complete.

### Your Goal

The goal of the program is for you to get a score of 80. Doing so means that you have completed all of the items that have the potential to drain your energy and creativity because they're cluttering up your mental space. The Leak Finder helps you identify practical, concrete next steps to create structure and order for your life as well as better physical and emotional health for you.

### What's in it For You?

The Mojo Leak Finder promises three things will happen as you increase your scores:

1. You will have more energy and vitality. There is nothing like a clean space, clear communication, self-responsibility and a positive mindset to give you more energy!
2. You will increase your scores just by using the program. Once you go over the list of the 80 items, you'll find yourself handling some of these without even trying. Others are more challenging, but you will get to there as long as you are taking action!
3. You will gain perspective on who you are, where you are and where you are going. When you complete “incompletions” you'll see situations as they really are and you'll have more clarity about what is going on **with** you and **around** you. Knowing these things allows you to live less reactively and make more conscious choices. This higher perspective is essential in the process of creating your life.

### Instructions

1. Answer each question. If it's true, check the box. Be a hard grader. If the statement is sometimes or usually true please DO NOT check the box until the statement is virtually always true for you. (No "credit" until it is really true!) If the statement does not apply to you, check the box. If the

statement will never be true for you, check the box. (You get "credit" for it because it does not apply or will never happen.)

2. Add the number of checked boxes and enter the total at the end of the section. This will give you your baseline starting point.
3. Keep working until all boxes are checked. This process may take 30 or 360 days, but you can recharge your mojo by making a clean sweep of the list!
4. After you're finished, check back in once a year for maintenance.

## A. PHYSICAL ENVIRONMENT

- My personal files, papers and receipts are neatly filed away.
- My car is in excellent condition. (doesn't need mechanical work, repairs, cleaning or replacing)
- My home is neat and clean. (vacuumed, closets clean, desks and tables clear, furniture in good repair; windows clean)
- My appliances, machinery and equipment work well. (refrigerator, toaster, snow-blower, water heater, toys)
- My clothes are all pressed, clean and make me look great. (No wrinkles, baskets of laundry, torn, out-of-date or ill-fitting clothes)
- My bed/bedroom lets me have the best sleep possible. (Firm bed, darkness, cool)
- I live in a home/apartment that I love.
- I surround myself with beautiful things.
- I live in the geographic area I choose.
- There is ample and healthy light around me.
- I am not tolerating anything about my home or work environment.
- My work environment is productive and inspiring. (synergistic, ample tools and resources; no undue pressure)
- My home is not cluttered.
- I back up my hard drive at least monthly.
- My hair is the way I want it.
- My bed is made daily.
- I don't injure myself, or bump into things.
- People feel comfortable in my home.
- I love all the paint/wallpaper colors in my home
- I am consistently early or easily on time.
- Number of checked boxes (20 max)**

## B. WELL-BEING

- I rarely eat sugar. (Less than 3 times per week.)
- I rarely drink alcohol. (Less than 2 drinks per week)
- My teeth and gums are healthy. (Have seen dentist in last 6 months)

- I know my health risk factors and am managing them.
- I manage the stress in my life.
- I have had a complete physical exam and all preventive tests in the past year.
- I do not smoke tobacco or other substances.
- I do not use illegal drugs or misuse prescribed medications.
- I have had a complete eye exam within the past two years. (Glaucoma check, vision test)
- My weight is within my ideal range.
- I eat out less than 3 times a week.
- I have a rewarding life beyond my work or profession.
- I sleep at least 7-8 hours per night.
- I have no habits/addictions which I find to be unacceptable.
- I am aware of the physical or emotional problems or conditions I have, and I am now fully taking care of all of them.
- I consistently take evenings, weekends and holidays off and take at least two weeks of vacation each year.
- I have a spiritual practice that keeps me centered.
- I know the names of all my medications, how to take them and what they are for.
- I walk or exercise at least 150 minutes per week.
- My diet mainly consists of fresh, unprocessed foods.

**Number of checked boxes (20 max)**

### C. MONEY

- I currently save at least 10% of my income.
- I pay my bills on time.
- My income source/revenue base is stable and predictable.
- I know how much I must have to be minimally financially independent and I have a plan to get there.
- I am saving for retirement.
- I am current with payments to individuals or companies to whom I owe money.
- I have 3 months' living expenses in a money market-type account.
- I live on a weekly budget which allows me to save and not suffer.
- All my tax returns have been filed and all my taxes have been paid.
- I currently live well, within my means.
- I have excellent insurance for myself and my possessions. (medical, life, home, car, etc).
- I have a financial plan for the next year.
- I have no legal clouds hanging over me.
- My will is up-to-date and accurate.
- Money issues do not keep me awake at night.
- I know my net worth.

I am on career/professional/ business track which is or will soon be financially and personally rewarding.

I am in relationship with people who can assist in my career/professional development.

I rarely miss work due to illness.

I understand the basics of investing and my money is working hard for me.

**Number of checked boxes (20 max)**

## D. RELATIONSHIPS

I have told my parents, in the last 3 months that I love them.

I get along well with my sibling(s) or am "complete" with them.

I get along well with my co-workers/clients.

I get along well with my manager/staff.

I have let go of the relationships which drag me down or damage me. ("Let go" means to end, walk away from, declare complete, no longer be attached to)

I have communicated or attempted to communicate with everyone who I have damaged, injured or seriously upset, even if it wasn't fully my fault.

I do not gossip or talk about others.

I have a circle of friends/family who love and appreciate me for who I am.

I am clear with my boundaries and am able to say "no" when I need to.

I always tell the truth, no matter what.

I receive enough love from people around me to feel good.

I have fully forgiven those people who have hurt/damaged me, intentional or not.

I am a person of his/her word; people can count on me.

I quickly correct miscommunications and misunderstandings when they do occur.

I live life on my terms, not by the rules or preferences of others.

I am aware of my wants and needs and get them taken care of.

I do not judge or criticize others.

I do not "take personally" the things that people say to me.

I make requests rather than complain.

I spend time with people who don't try to change me.

**Number of checked boxes (20 max)**

## E. SCORING

Add your totals from the 4 sections and enter that number here: \_\_\_\_\_

Initial scores for the first-time participant range, on average, between 30 - 56 points out of the 80 points possible. Most people who are actively working on any areas increase their scores between 2 and 6 points per month. Points are added more quickly at first, slowing down significantly after one has added

16 or so points. Major plateau areas are at 50-55, 65-70 and 75-80. Those last 5 or 10 are the ones which are most worth taking care of, given that these are likely to be long-standing incompletions.

### ***Not Sure Where to Start?***

*If you'd like more information about the Mojo Leak Finder or personal coaching services that can **blast** you through any barriers you've identified here, please e-mail [info@drannagarrett.com](mailto:info@drannagarrett.com).*