



A MOJARO LIFE

A GUIDE TO DOING IT DIFFERENTLY

BY THE PEOPLE DOING IT DIFFERENTLY

WWW.MOJARO.CO.UK

Preface

The sole purpose of this book is to give you confidence in what we're doing as a company so you can make a decision as to whether or not you're ready to invest in yourself and your family by owning a MOJARO subscription / \ living a MOJARO life.

Yes, you will need to invest, continuously, in yourself and your family. Not the best way to start a book? I'm not here to waste your time or money, you either resonate immediately with MOJARO and find yourself nodding throughout this book or you don't get it and that's okay, I wish you well.

MOJARO as a company aims to **do**, not talk about doing, not vaguely point you in the direction of doing, but to be there to help you actually do.

The MOJARO 12 Week Challenge: A weekly pack, tailored to you, delivered to your inbox. It starts the journey of bridging the gap between where you are & where you want to get to. It is the only way we can guarantee you the tools, support and confidence to make a marked difference to your life. This book alone does not move the needle. It is not enough. No book alone is ever enough. MOJARO is doing it differently.

So for now, please do read on.

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Chapter 1

Introduction

“Your present circumstances don’t determine where you can go; they merely determine where you start” – Nido Qubein

Is this how you expected life to be?

I suspect not. No doubt for probably quite a while you’ve been flummoxed by not only the sheer speed of life passing by, but how surprisingly hard it is to grab it by the neck, white-knuckled, and actually hold on to it. Do you feel like you own your life, or it owns you?

Once upon a time you probably had a clear vision for the quality of life that you desired and deserved, and the good news is, it’s highly likely that that vision still lies deep inside of you. The bad news is, that the weight of modern routine and responsibility often lies so heavily that it is fleetingly remembered and forgotten again in a cycle of frustration and defeat.

The interesting news is that said vision is probably long overdue a software update. Ask yourself how much of that vision is the product of old conditioning and manufactured desires (*hello Instagram comparison*)?

When was the last time you sat quietly and evaluated what *really* mattered to you? Goals and priorities change as a result of time and often circumstance. At 16 you decided success was being a millionaire or having your social media carefully curated with pictures of worldly trips to far away places. Now you're seeing your parents getting older and *just* want to enjoy family life. Be brave enough to let go of old expectations, but bold enough to commit to new ones, don't carry baggage that no longer belongs to you.

What matters now, is deciding on, and committing to, a vision of how you want your life to play out, as of right now. Reach for the stars, or snuggle into the sofa, there's no right or wrong, but there is right for you. In that cycle of confusion and clarity around what is right for you, what we do know is that hope always holds on for a better tomorrow. Hope is a universal human experience that transcends cultures and history, hope is a survival tool and a spark for transformation.

But hope is not enough. Hope is the ignition, and it feels good, but you *need* a gritted determination and resolve that this life that you're living now, it isn't right, it isn't enough, not for you, not for your family. I *know* you know that you are capable of better, but knowing is not enough either and this is why MOJARO lands differently to any self-help, motivational, 'life changing' product out there. To move the needle, things need to be done differently.

Don't get me wrong, there are so many incredible books and apps and instagrammers out there that aim to help you make sustained improvements to your life, and this is not a kamikaze attempt to discredit them, but I would bravely argue that they are more-often-than-not woefully inefficient at what they aim to do.

Not because the information is bad, or the research not thorough, but because they don't find you ready. They sell incredibly well, they get the endorphins going, they inspire you, and they make you feel like you can take on the world. Millions of books and apps sell each year,

and this is all evidence that proves we really do want to do the best we can. But reading a book and creating an action list is a proverbial house of cards. Rarely does a book you buy support what it teaches in a way that is effective for what we know about human behaviour or is nuanced and reflective of the world we're living in. We have moved so far away from how we spent tens of thousands of years living, the speed of our evolution simply cannot keep pace with the speed of change within our society. This is why if you do not deliberately take a hold and make a stand, your life is *always* going to feel slightly 'off'.

This is a short book, purposefully, it doesn't go deep on any one topic, but it does aim to convince you that you **HAVE** to start with you, start with the foundations. Please know that you are wonderfully human for having tried and failed and failed and tried, and tried yet again.

Society is not set up for you to succeed. A growing number of people are coming to the realisation that life shouldn't be like this, but change will not happen from the top down, it must happen from within individuals, from within families, from within communities.

MOJARO's only goal is to support you to succeed, and let me caveat that with what success looks like, because in the context of MOJARO it isn't a Lamborghini and a Rolex. Success is having a toolkit that enables you to navigate your life in a way that means when your time here on earth is almost up, you can reminisce and smile at a life well lived. Success is peace. Peace at the end that you gave it your best shot. If this book does not leave you with the conviction that trialling living a MOJARO life is worth your time, effort and investment, email me and I'll refund you the price of this book. For the rest of you, welcome and buckle up.

I don't promise this to be easy, but I *promise* it will be worth it.

Nicole.