



# Mojo Survival Checklist

The holidays can be joyful — and draining. Use this checklist to protect your energy, boost your mood and hold onto your mojo every day.

**Tip:** Print it, stick it on your fridge or keep it on your desk. Check off items as you go — your mojo will thank you!



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- Say No Without Guilt**  
Prioritise events and obligations that bring you joy.
- Mini Self-Care Moments**  
Take 5–10 minutes for a walk, cup of tea or breathing exercises.
- Daily Gratitude**  
List 1–3 things you're grateful for today.
- Avoid Comparisons**  
Limit social media scrolling; focus on what truly matters to you.
- Celebrate Wins**  
Acknowledge even the smallest achievements or moments of joy.
- Stay Hydrated & Nourished**  
Don't skip meals or water — your energy depends on it.
- Mojo Check-In**  
Pause once a day to notice your energy levels and emotional state.
- Connect with Joyful People**  
Spend time with those who lift your spirits.
- Laugh & Play**  
Watch a funny video, play a game or dance — it's free energy.