



## YOUR MIDLIFE MOT CHECKLIST

Welcome to 'My Midlife Mojo'

This quick self-check is your first step towards rebalancing and regenerating your vitality, finances, work and personal growth. It's designed to help you identify the areas that are working well and where you may need to inject a little extra mojo.

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### VITALITY - Energy Health Wellbeing

Tick the statements that apply to you:

- I get adequate sleep and rest
- I have a support network I can talk to
- I am connected to my mind and body in a positive way
- I regularly move my body in enjoyable ways that make me feel good
- I eat in a way that supports my energy and health goals
- I check in with my Dr as needed and am up to date with health checks e.g. over 40 health check, opticians, dentist etc.
- I make time for relaxation, play or creativity

#### Mojo Prompt:

What one small habit could I commit to this week?

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### FINANCES - Security Planning Freedom

Tick the statements that apply to you:

- I have an emergency fund in place
- I know my numbers: income, outgoings, savings, investments and debts
- I regularly review my investments and savings
- I've considered what financial freedom looks like to me
- I know where to find trusted financial advice or tools
- I am confident about my financial future
- I have made a will

#### Mojo Prompt:

Where could small changes make a big difference?

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## **WORK – Purpose Direction Fulfilment**

Tick the statements that apply to you:

- I feel fulfilled and motivated in my current work
- I have a healthy work/life balance
- My work aligns with my values and strengths
- I feel visible and valued in the workplace
- I feel confident in my skills and future career prospects
- I know that I have options if I want to change direction, create a side hustle or develop a portfolio career
- I'm up to date with current tools, trends or qualifications in my industry

### **Mojo Prompt:**

What would I love to feel more of in my working life?

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## **GROWTH AND LEARNING – Curiosity Confidence Expansion**

Tick the boxes that apply to you:

- I'm learning something new or have plans to
- I feel mentally stimulated and curious
- I've considered what personal growth looks like to me
- I make time for reading, podcasts or other content that I find inspiring
- I've set intentions or goals for this year (big or small)
- I invest in my development (courses, coaching, experiences)
- I feel hopeful and excited about what's still to come

### **Mojo Prompt:**

What would I love to learn, try or explore next?

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## **NEXT STEPS**

Celebrate the areas where you feel strong

For the areas where you're less strong explore our content for further inspiration to start moving forward

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