



Willpower

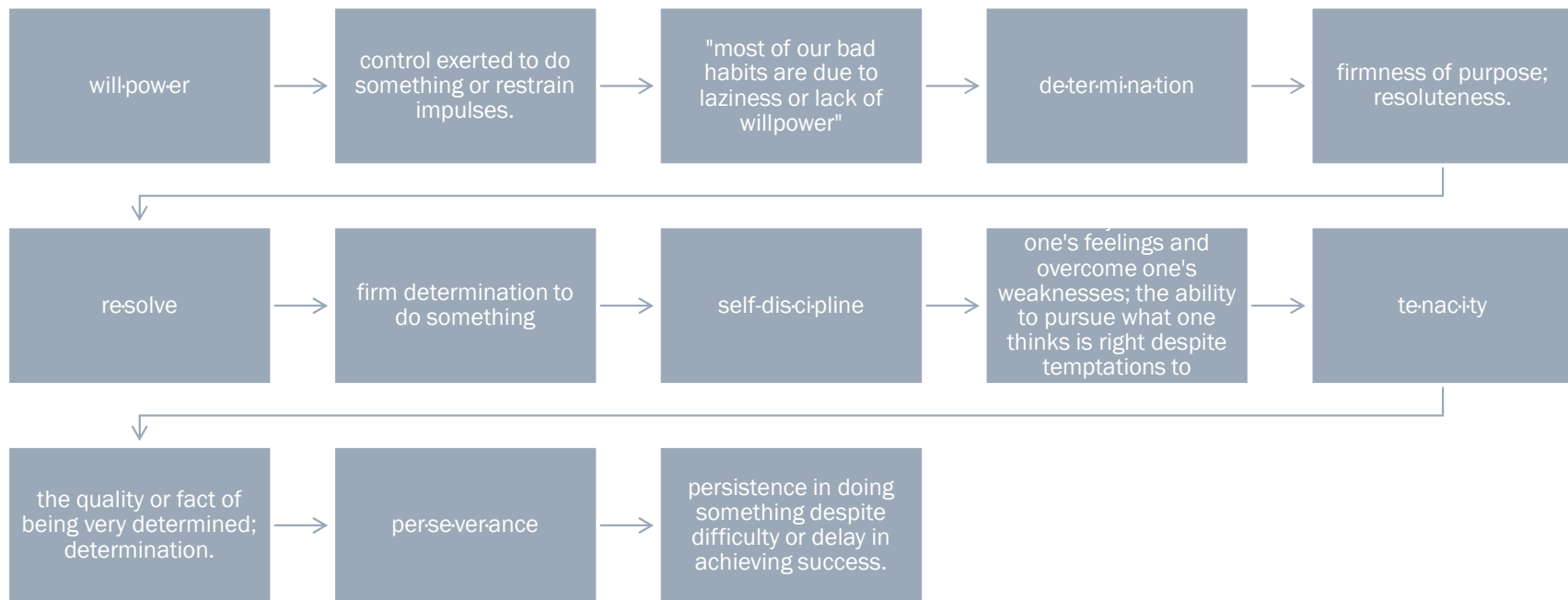
OUR COMMITMENT TO OURSELVES

Willpower and Desire when combined make an irresistible pair.

WILLPOWER
IS NOT GENETIC.
IT REQUIRES THE
WILL TO RESIST,
AND THE **POWER**
OF A RESOLVED
MIND.

What was the last thing you desired and applied willpower to obtain, develop, create?

Investigate the words you relate to.



Defining willpower

We have many common names for willpower: determination, drive, resolve, self-discipline, self-control. But psychologists characterize willpower, or self-control, in more specific ways. According to most psychological scientists, willpower can be defined as:

- The ability to delay gratification, resisting short-term temptations in order to meet long-term goals
- The capacity to override an unwanted thought, feeling, or impulse
- The ability to employ a “cool” cognitive system of behavior rather than a “hot” emotional system
- Conscious, effortful regulation of the self by the self
- A limited resource capable of being depleted



In 2011, 27% of Stress in America survey respondents reported that lack of willpower was the most significant barrier to change. Yet although many people blame faulty willpower for their imperfect choices, it's clear they haven't given up hope. A majority of respondents believe that willpower is something that can be learned. Those respondents are on to something. Recent research suggests some ways in which willpower can in fact be strengthened with practice.

Lack of willpower isn't the only reason you might fail to reach your goals. Willpower researcher Roy Baumeister, PhD, a psychologist at Florida State University, describes three necessary components for achieving objectives:

First, he says, you need to establish the motivation for change and set a clear goal. Second, you need to monitor your behavior toward that goal. The third component is willpower. Whether your goal is to lose weight, kick a smoking habit, study more, or spend less time on Facebook, willpower is a critical step to achieving that outcome.

Self-discipline, the researchers found, was more important than IQ in predicting academic success.

Patterns and choices

Terrie Moffitt, PhD, of Duke University, and colleagues studied self-control in a group of 1,000 individuals who were tracked from birth to age 32 as part of a long-term health study in Dunedin, New Zealand. Moffitt and her colleagues found that individuals with high self-control in childhood (as reported by teachers, parents and the children themselves) grew into adults with greater physical and mental health, fewer substance-abuse problems and criminal convictions, and better savings behavior and financial security.

Those patterns held even after the researchers controlled for the children's socioeconomic status, home lives, and general intelligence. Such findings underscore the importance of willpower in nearly all areas of life.

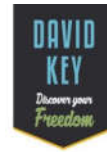


Walter Mischel, PhD, a psychologist now at Columbia University. Held experiments on children “the Marshmallow Experience”. Experiments eventually led Mischel and his colleagues to develop a framework to explain our ability to delay gratification. He proposed what he calls a “hot-and-cool” system to explain why willpower succeeds or fails.

The cool system is cognitive in nature. It’s essentially a thinking system, incorporating knowledge about sensations, feelings, actions and goals—reminding yourself, for instance, why you shouldn’t eat the marshmallow. While the cool system is reflective, the hot system is impulsive and emotional. The hot system is responsible for quick, reflexive responses to certain triggers—such as popping the marshmallow into your mouth without thinking of the long-term implications. If this framework were a cartoon, the cool system would be the angel on your shoulder, and the hot system the devil.

Additionally, Casey and her colleagues examined brain activity in some subjects using functional magnetic resonance imaging. When presented with tempting stimuli, individuals with low self-control showed brain patterns that differed from those with high self-control.

Research has yet to fully explain why some people are more sensitive to emotional triggers and temptations, and whether these patterns might be corrected. However, the recent findings offer an intriguing neurobiological basis for the push and pull of temptation.



There's a concept from NLP called 'Secondary Gain'...

And, sometimes, secondary gain can be why people stay stuck with a challenge.

Quite simply secondary gain is the benefit of a *problematic behavior*.

For example...

Someone wants to quit smoking but struggles to quit.

"I've tried time and time again...and all these different methods...but nothing works".

With secondary gain in mind we can think to ourselves - what benefits could the client be experiencing from not quitting...aside from the obvious that they enjoy smoking?

I'll give you an example...

A woman was a smoker and had been trying to quit for a long time but couldn't.

Turned out that there was secondary gain going on...

One of the benefits she got as a smoker was smoking breaks at work.

And she LOVED going out with her fellow smoking friends to gossip and chat during those breaks.

Come wind, rain or shine...they'd be out on the balcony at work smoking and chatting and laughing together.

After doing some digging into the benefits of staying stuck as a smoker...

A light went on in her mind.

She saw that she didn't want to quit because quitting made her fear losing the close friendships with that click of friends.

Ah - but once she saw that, she saw it was false.

She saw that there were other ways she could be around those friends and alternatives to keep inhaling poison in order to be around them.

This secondary gain was why patches, gum, vaping etc. had not worked for her.

"What's the benefit of staying stuck here?"



Willpower is a muscle that can be strengthened.



Be honest.....Is it your schedule? No time or is it deeper, older, more emotional?

- a. Book reports in school, late, never did them, hated the structure?*
- b. Parents made you read at the dinner table*
- c. C. Parents or teachers, or pastor, or nun made your read out loud to the class.*
- d. Feelings of being overwhelmed, just looking at a long book. Memories of being made fun of because you didn't read and others did, or you didn't like their kinds of books.*
- e. Confused over big words, their pronunciation or meaning.*
- f. Dyslexic and feelings of being less.*
- g. Poor comprehension, do not like to share meaning or content.*

Jay Shetty Insights from the monk



*IT all boils down to intentions. Why do we do what we do. What drives us .
Why we want what we want. If our intentions are about material gains rather than about service
this is a lethal plan. Get clear!!*

Motivators: Top 4

- a. Fear Example hell, sickness, death, poverty, Shortest lived cannot be sustained.*
- b. Desire self-gratification, wealth, success, pleasure are all examples of what we equate with happiness. Happiness is an internal affair. Happiness comes when we have mastered the mind and connect with our soul,*
- c. Duty desire to do things right and to do them with gratitude. This happens when success, material possessions and fear are no longer in the equation.
Purpose and meaning are what lead to true contentment.*
- a. Love Living life intentionally will carry us much further than any wealth. Duty connected to care for others, work with our purpose and to be clear with ourselves, leads us through the steps on our journey.*

Seeds and Weeds: Trees grow and bear fruit. You are the tree don't leave good intentions (seeds) unattended.

Plant, nurture, prune, weed. Live in your intentions, be the strong tree who bears fruit in your life and others.



Accountability: *Can we do more to be accountable to ourselves?*

Do we need a partner?

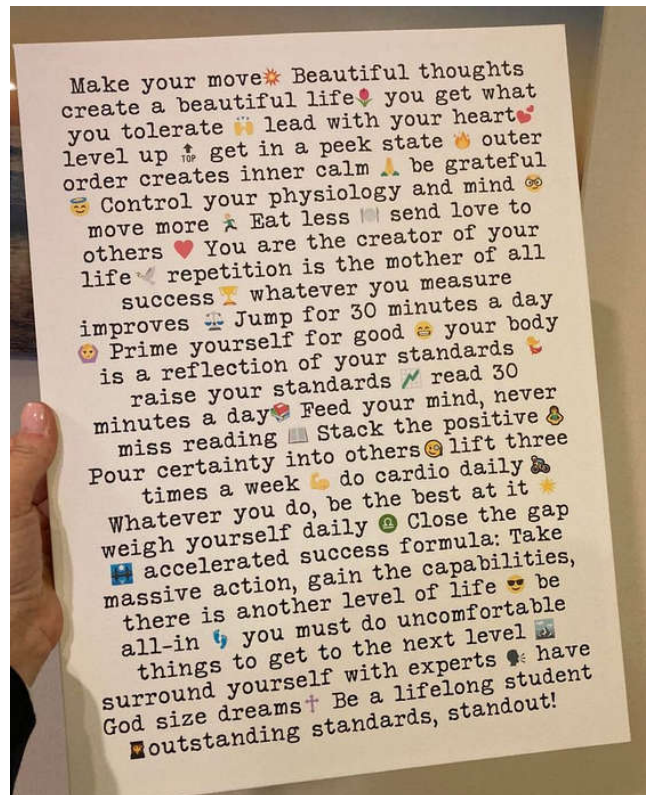
Can we create a contract with ourselves?

Can we build a reward system?

Trust: *How can we trust ourselves, our word, our promise?*

Can we create a practice of praise and love, rather than judgement and negativity over past "try's"?

How do our values/beliefs support us or undermine our trust in ourselves?



Words to lift and enlighten and encourage you.

From Tony Robbins and Dean Graziosi