

SERIES C: Topic 13

Willpower Tools

When you want to change yourself in important ways, or accomplish goals that will take a lot of hard work over a long period, make sure you have as many of the willpower tools helping you as you can.

When you have a sense of humor and an open mind, it takes a lot less willpower to change. Change is the process by which you find your power and your path to a more exciting future. It moves the task of changing from work to pleasure.

See how the tools below show up in the examples that follow.

Tools

1. Your most powerful tool is you. Keep yourself fully charged with love, appreciation, curiosity and self-confidence.
2. Get and keep your life right and you will do whatever it takes to protect it.
3. Work toward a solution rather than away from the problem.
4. Devote 95% or more of your thoughts to finding and visualizing solutions, and 5% or less to the problem.
5. If you act “as if” you can do something and proceed, you will grow into the role.

6. Pick goals that excite you. Goals that are boring, unrealistic or too hard (in your mind) will give you very little willpower to achieve them.
7. Criticizing yourself or wishing you were different puts pressure on you, makes achieving your objective harder and reduces the joy of succeeding.
8. To keep from being overwhelmed by large tasks, divide them into smaller steps with frequent rewards and diversions.
9. Enjoy where you are in the process while visualizing how your life is going to be when you achieve complete success.
10. Finding the help or coaching you need early in the process is efficient; waiting to get help until you have developed bad habits or are about to give up is not.
11. Increase your creativity by keeping a grateful, inquisitive outlook.
12. Have a cause or a purpose for your life that is more important than you are.
13. Be curious, mentally flexible and ready to try things other people's way.
14. Assume your opinion of what you can't do is only a prejudice that you can overcome under the right conditions; then create those conditions.
15. Do what you can do where it is the most satisfying and/or has the most potential for advancement.

Examples

A woman "acted as if" she could be comfortable in a crowd, and she grew into that role. Her companion thought he couldn't function in a crowd and he grew into that role. (Tool #5)

A woman who wouldn't work a little harder to make 3% more money had no trouble working twice as hard to start her own business and make twice as much. (Tool #6)

The lone survivor in a German concentration camp was a man who believed he needed to stay alive so there would be someone to tell the story of what happened. Having that purpose saved his life. (Tool #12)

A woman who had tried unsuccessfully to get off drugs was able to quit "cold turkey" when she found out she was pregnant and knew her drug habit threatened the health of her baby. She finally had a cause that was more important than herself. (Tool #12)

The sole survivor of a plane crash ate bugs, grass and roots while he waded through snake-infested water. He was very imaginative in finding his way out of the Everglades. With nobody there to lean on, complain to, con or impress, he found he could do just about anything. (Tool #14)

A college student studied accounting so he could eventually take over his dad's practice. Work was drudgery until a client asked him for help with his restaurant that was failing. During college he had worked at a very successful dinner house. His ideas caused his client's restaurant to prosper. Today he creates new restaurants in good times and saves failing restaurants in hard times. (Tool #15)



ASK YOURSELF

Which tools have I been overlooking?

Which challenge am I ready for now?

How does the way I normally see myself hold me back?