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If there's a will, THERE'S A WAY!

Do you have willpower?

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WHEN IT COMES TO ACHIEVING OUR GOALS, many of us consistently experience failure. It's no wonder so many people don't believe in setting goals. According to Scranton University research, only 8% of people actually achieve their New Year's resolution after being so passionate about setting it. Then the big question is this: If one person can achieve it, why can't everyone? Well, it comes down to this: there's one basic factor that separates good from great and the goal

"There's one basic factor that separates good from great and the goal achievers from those who consistently fail to achieve their goals—and that one thing is willpower!"

achievers from those who fail to meet their goals—and that one thing is willpower! Willpower is the key to achieving any and all goals. Having willpower gets you through the inevitable tough spots that will show up on the way to your nirvana.

Having willpower is not just about mustering up some dormant motivation sleeping inside you. Building up your willpower muscle is also based on neuroscience and activity within the brain. In her book, *The Willpower Instinct*, Kelly McGonigal confirms that the ability to have self-control is also determined by an area in our brain called the pre-frontal cortex, as well as by the hormone dopamine, which is often referred to as our "feel-good" hormone. These two factors have an amazing ability to help dictate how much strength we have to resist the temptation of cheating on our goal versus committing to see it through to the end.

A number of factors have been shown to have both positive and negative effects on your ability to have willpower, and knowing them can be an asset to your progress toward building a solid foundation and becoming a superstar of goal achievement.

FACTORS THAT DEplete YOUR WILLPOWER:

1. Planning

Those people who avoid preplanning their day are setting themselves up for failure, because if you constantly leave yourself open to making decisions throughout your day, you're depleting your energy to maintain your willpower. It turns out the brain is much like any other muscle, in that when you're faced with making more decisions throughout your day, then you're slowly but surely becoming fatigued and thus unable to stick to your goals.

2. Stress

High levels of stress can have a negative effect on your willpower. Stressful life events make the brain more susceptible to fatigue, therefore leading to a reduction of willpower.

3. Moral Licensing

Be careful of something Kelly McGonigal refers to as "moral licensing." This is a little trick we love to play on ourselves. Moral licensing is simply a situation where we allow ourselves to indulge just after doing

something we feel good about—giving ourselves moral license to cheat and let our guards down. In other words, this one is an inside job, so it's less likely to be apparent that we're doing it.

HERE'S THE GOOD NEWS ABOUT BUILDING YOUR WILLPOWER MUSCLE:

building up your willpower is like any other muscle—once you start to achieve consistent success in any one area of your life, the results are contagious. You will start to notice that one area affects many other associated areas. If you have willpower in your health, then you'll likely have the determination you need to get out of the consistent cycle of debt and financial tension. Having willpower gives you the confidence to master and overcome your weaknesses like a champ! Just choose one area of your life that you most want to improve, start there, and watch the turnaround in all other areas. You'll be amazed!

POSITIVE WAYS WE CAN INCREASE WILLPOWER:

. Meditation is for more than just blissing out and falling asleep. Meditation has been shown to have a huge effect on helping to reduce stress and works directly on the pre-frontal cortex, which is involved in building your willpower.

. Start hanging around with like-minded people. Who you choose to surround yourself with has a huge effect on you in so many ways. Willpower is infectious, and when you are around those who are sticking to their goals, you will most likely join suit and smash through your resistance. JF