

# Develop Your Willpower

*I achieve my goals with ease.*

Everyone has a few habits they wish they could overcome or change. This however, requires a certain degree of willpower and self-discipline. These two skills make a great difference in your life, bringing to the fore, inner strength, self mastery and decisiveness, which are vital for success and for personal growth.

You are much more than your mind. You may think that your mind is running the show, but that is only because you have trained your mind to think in this way. Your mind is a tool for you to use in any way you wish. The way you use your mind is only a habit, and habits can be changed! The thoughts you choose to think create the experiences you have. Today, choose to think "It is becoming easier for me to make changes."

A simple and most efficient technique to strengthen these skills is by doing things, which you would rather avoid doing, due to laziness, procrastination, weakness, shyness, etc. By carrying out such actions, in spite of your inner resistance you overcome your subconscious resistance. Just as muscles get stronger by resisting the weight of barbells, so inner strength is attained by overcoming inner resistance.

Make list tasks associated with your goals that, while necessary, you aren't particularly looking forward to doing. Then, make a statement about how you will strengthen your willpower by doing something different... then, stick to it!!

I do...	I really don't want to...	I will...
Drink 4 cups of coffee every day	Give up my coffee. I really love/need my coffee.	Only drink 1 cup of coffee a day for a week.
Go to bed at midnight every night	go to bed earlier because I love watching late night television	go to bed at 10am every night for a week.

How did it feel to exert your willpower and overcome your resistance to doing things differently?