

Willpower: the Key to Achievement or Fool's Gold?

<http://hipchickfitness.com/willpower-the-key-to-achievement-or-fools-gold/>

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Sharpen your willpower with these tips

If you believe in willpower you likely believe it's a limited resource. This isn't always the case. It does take energy and many people fail to reach their goals because they rely on it. Conditioning yourself to believe willpower is unlimited strengthens you except when your willpower is already depleted. In this case belief in unlimited willpower makes the situation worse. So I find it much easier to take willpower out of the equation.[1]

Recent studies also show willpower acts much like a muscle.

Without use it atrophies. Your willpower grows weak which makes reaching goals next to impossible.

The upside is with practice and use it continues to grow stronger.[2]

Placebo Effect

Like many things in life willpower relies on perception. If you're conditioned and told (even through self-talk) that your willpower is limited you believe it. Your mind acts accordingly. When your willpower gets depleted you succumb to old bad habits.

On the other hand, when you condition yourself that your willpower is unlimited and strong it grows. This self-assurance helps raise your level of real willpower.

Takeaways

Focus on satisfying your biology first. This means giving your body [the minerals, nutrients and vitamins](#) it needs. Then focus on improving your thoughts (including your willpower), attitude, environment and speech.

Make [improving your willpower](#) an ongoing goal. Focus on it a little bit daily. Everyday practice, exercising your willpower and building it is key. Do this enough and more goals than you can imagine will open up to you. You'll start achieving your goals and reaching your desired destination faster than you ever imagined possible.

References:

[1] <http://healthland.time.com/2012/09/19/improving-willpower-how-to-keep-self-control-from-flagging/>

[2] <http://www.npr.org/templates/story/story.php?storyId=89434945>

