

Willpower

***“If freedom is short of
weapons, we must
compensate with
willpower.”***

---- Adolf Hitler

What does “Willpower”
mean !!!

*Strong self-disciplined
determination to do something*

5 Exercises To Improve Willpower

○ Drop a small bad habit:

- A regular afternoon snack
- Pressing the snooze button on the alarm clock



- Too many cups of coffee everyday
- Adding that extra spoon of sugar

Exercises To Improve Willpower

1) Learn something boring but useful:

- Most people skip learning important skills simply because doing so is boring
- Consider skills like grammar, punctuation, financial literacy, technical skills etc.



Exercises To Improve Willpower

1) Do something, you know you should do everyday, for a week:

- We all have things we know we should be doing, however aren't.
- Can be regular exercise, household tasks, having one glass of milk or getting up early

Exercises To Improve Willpower

1) Set an achievable, but difficult goal:

- Give yourself a target to achieve, to be completed within a timeframe.
- It can be giving up smoking, reading a particular number of books or losing a certain amount of weight etc.



Exercises To Improve Willpower

1) Just do it !

- Have a month where you ban yourself from postponing any task, like paying the electricity bill or starting a college assignment
- Force yourself to do it, without waiting for even five minutes

JUST DO IT.



Thank you