Willpower Mind Hacks

Willpower is the pill against putting things of, the answer on how to get motivated and the best secret of successful people. While certainly, willpower can be trained it takes long practice.

On the quest for success, I tried practice willpower. However, I came up with a much more easy hack to reach the same results.

Each day we seem to have a certain amount of energy and thus of willpower. In the evening we are exhausted and only are capable of doing things that are easy and pleasurable - drink, watch TV, check Facebook, light chats with friends and family. At this point our willpower is depleted. When now our kids come around with an asking - "Mom, I finally want to have XYZ" we only can say "OK", even if usually we counter the unreasonable wish.

The trick now is not to train willpower and get stronger. But by reducing its necessity.

Reduce Temptation

The saying goes

> "*T*op of mind is tip of tongue"

That is, what you think about you are likely to say.

I here want to coin the related saying

> "*F*irst in sight is top of mind is urge to do."
> - Beau Lombardi

Yeah, I know, it does not flow so nicely on the tongue...

Every time we are stressed or frustrated, may it only be lightly, we are prone to procrastination and thus temptation. Procrastination, or putting things off, is not laziness, it's a behavior of stress release.

We have the energy to resist small temptations and resume our work. However, the bigger the temptation, the higher the chance that we cannot resist. Strong

temptation drains more energy and thus willpower.

Now the hack simply consists in removing small temptations, that is anything that is in reach, easy accessible, distracting. Thus, when hit by small frustration, we can resume the work more easily because there is no temptation to put work off. The less often temptation seizes us, the more willpower is left for stronger frustration. And the more will we achieve. Achievement is a valuable source for pride and motivation.

Here is a list of easy tweaks to save willpower

- remove sweets from your desk
- put your mobile out of reach
- block facebook, youtube and the like in your browser for some time great tools are *LeechBlock*, *StayFocused*, *xMinutesAt* (just google)
- pull the plug of your TV, it's more difficult to switch it on willy-nilly
- declutter your desk and other workspace
- switch off email and other notifications

Now it's your turn. Watch yourself throughout the day. What do you do to distract yourself? What temptation is in sight and reach? How can you remove it?
Be creative. It's awesome to hack your own mind.

> *"Out of sight is out of mind."*
> *- Beau Lombardi*

A great idea is also to put a timer for say 15min. You promise to commit to a single task without distraction, only for this short time frame. The last part is the clue. "Only for short" will make it easy for you. Anyone can focus for a burst of 15min. You can repeat this and put sensible pauses in between.

Last but not least, when you slice your work into small chunks and follow the cheat sheet on "Goal Setting" there will only be small ripples of frustration. This in turn means it's easier to stay on target.

Yours, Beau, the great poet;-)