

Let's talk about willpower—not the kind that feels like you're getting a root canal. We need to reframe that today.

***Consider this: What if willpower isn't about “toughing it out” but about tuning in?***

What if it's less “grit your teeth” and more “grab the current”? Because that's what willpower actually is—it's ***energy, not a punishment.***

### **The Science of Willpower**

Willpower lives in the **prefrontal cortex**—that beautiful part of your brain behind your forehead that helps you make decisions, resist impulses, and stay aligned with long-term goals. It's complex, smart, and should be making all of your decisions.

But here's what's fascinating:

- **Willpower is *finite* in the short term**—yes, it can be depleted by stress, poor sleep, blood sugar dips, etc.
- But over the long term? It's trainable. Like a muscle.
- And the more connected you are to *why* you're doing something, the more access you have to that current.

Research from Stanford psychologist Kelly McGonigal shows that people who believe willpower is limited burn

out faster. But those who believe it's renewable tend to outperform, resist temptation more, and keep going. So yes, belief matters.

There's also the amygdala, also known as the fear center of your brain that will, if allowed to, override the smart part of you, your prefrontal cortex. This is WHY it's so important to understand how your brain works...the more you know, the easier it becomes to understand it's always just a matter of an adjustment in how you think!

### **What Kills Drive and Willpower?**

1. **Fear cycles** – Fear of failing, of looking foolish, of “what’s the point?” thinking.
2. **Decision fatigue** – Too many choices + too little clarity = brain shutdown.
3. **Neglecting your energy** – If you’re skipping meals, not sleeping, or emotionally burnt out? Drive fizzles fast.
4. **Giving away your power** – If you allow others the power to make decisions for you, your power is impotent, maybe nonexistent. Don’t live your life crowdsourcing your decisions by people-pleasing!

### **What Fuels It Instead?**

- **Clarity of Purpose** – You need a reason that sets your heart on fire. Vague goals won’t do. “To be” goals help the quantifiable goals get accomplished because they’re about your IDENTITY and not just getting something or accomplishing something.



- **Momentum** – Small wins create confidence, which fuels more willpower.
- **Energy rituals** – Your body fuels your mind. Don't skimp on water, movement, rest, and protein.
- **Self-trust** – When you keep promises to yourself, you start to believe your own voice. And that's powerful.

## ✓ **Steps to Harness Willpower & Drive**

### **1. Decide from a Place of Identity, Not Pressure**

Say: *"I am a woman who follows through,"* not *"I hope I can stick to it."* Saying "I hope" indicates hopelessness is just around the corner.

**Identity fuels action. Willpower follows self-definition.**

### **2. Simplify the Starting Line**

Don't climb the whole mountain—just lace your boots. Shrink the first step until it's too small to fail.

### **3. Create "If-Then" Plans**

"If I finish dinner and want a snack, then I'll make tea and read instead." This trains your brain for success. No scrambling in the moment. And don't forget to snap your brain to attention: clap, clap—the kitchen is CLOSED! Announce it!

### **4. Use Power Anchors**

Visual reminders, sticky notes, alarms with affirmations—build in friction to distraction and fuel to intention. They remind you of who you are and who you're becoming!

## 5. Keep Energy in Flow

- Breathwork before you tackle something hard
- A walk when your brain fogs
- Protein + water = mental sharpness
- Willpower isn't just mental—it's metabolic. Read Casey Means's book *Good Energy*!

## 6. Celebrate Tiny Wins

Dopamine is your drive's best friend. Crossing off a list, hitting a goal, even showing up when you didn't want to —*notice it, say LOOK AT THIS! And acknowledge it, it's a big deal!. It's also how you train consistency.*

## Unusual (But Effective) Practices to Boost Willpower when you're desperate

- **Do Cold Showers or Face Dunks** – It builds mental resilience and trains your brain to override the “I can't” reflex.
- **Wear a “Power Color”** – Studies show that color psychology affects motivation. Choose one that lights you up.
- **Change Your Environment** – Rearranging your space can signal a new season and refresh your drive.
- **Name Your Inner Critic or your amygdala** – Make it silly. “Oh, it's Debbie Downer again.” Or “Amy, my Amygdala needs to take a seat! I've got this.” This helps detach from the self-sabotage.

## ← END To Wrap It All Up...

Willpower isn't about fighting yourself.

***It's about aligning yourself—your body, mind, spirit, and your deeper “why.”***

You are not weak.

You're probably just depleted, distracted, or disconnected from your mission.

But the fire's still in there.

It's not about being perfect. It's about getting reconnected—to your power, to your energy, and to the version of you who refuses to settle.

You've got this.