



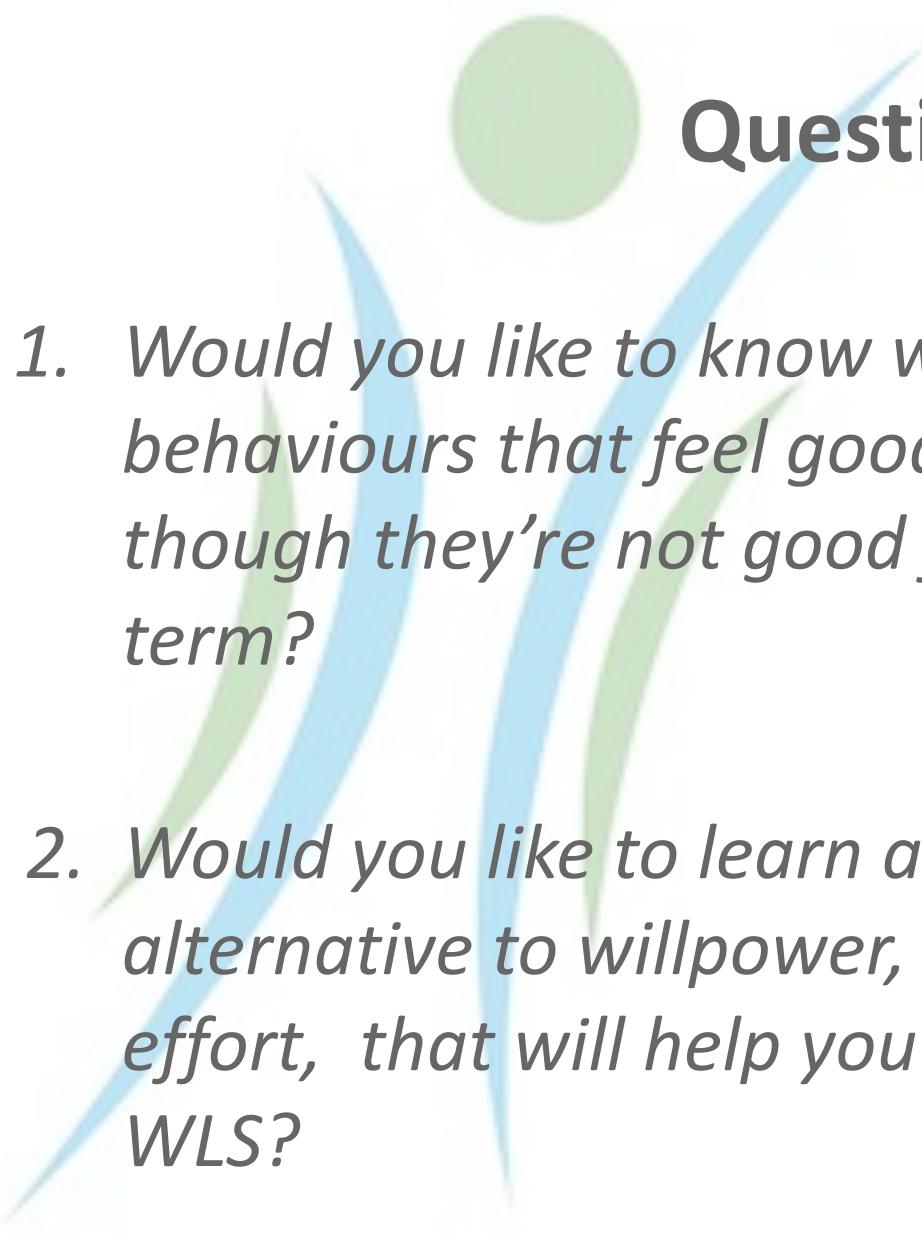
Staying On Track After WLS

Personal Power NOT Willpower



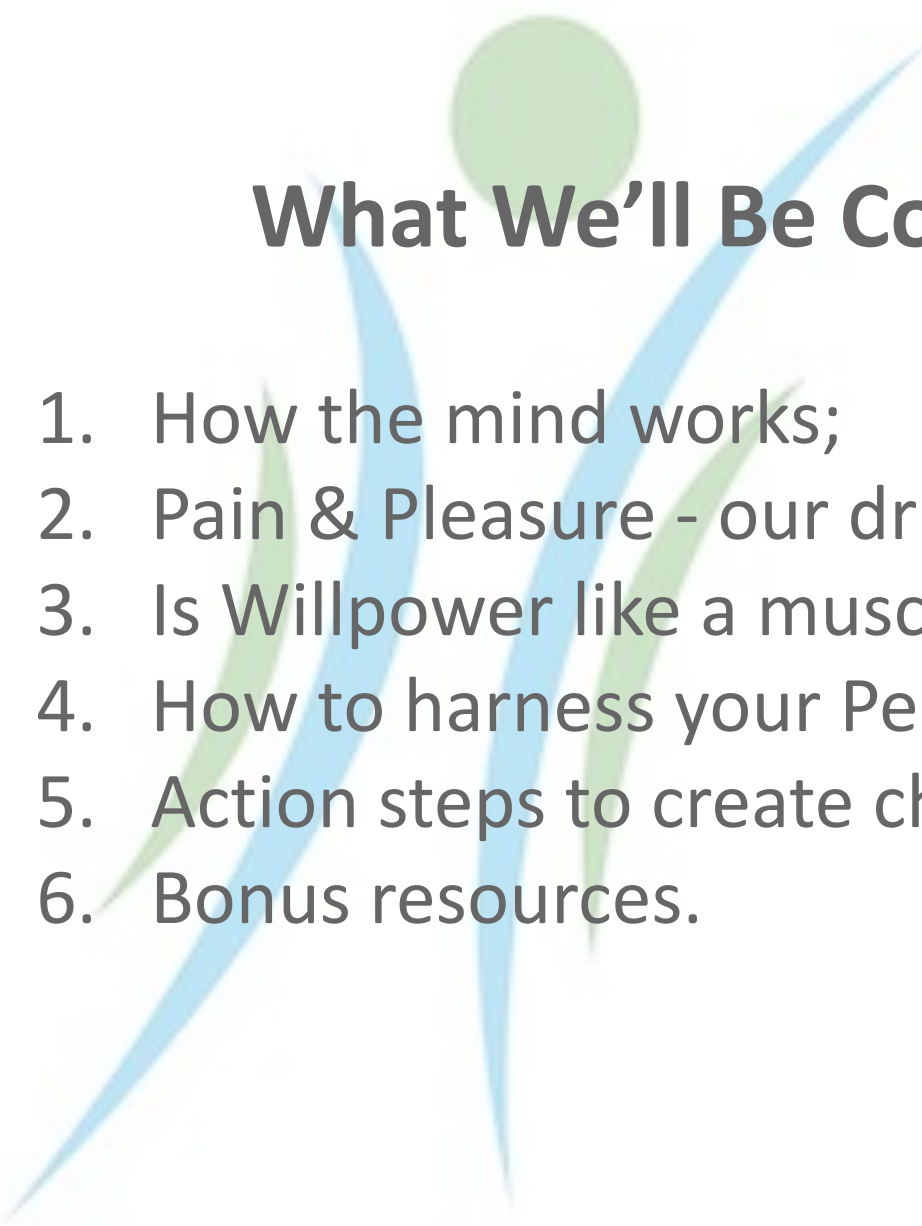
Group Call Guidelines

1. Session is recorded;
2. Confidential & supportive space;
3. Please share - put your hand up or use the Chat (make sure your message can be seen by everyone);
4. Have a notepad and pen ready, and get yourself a drink of water...



Questions...

1. *Would you like to know why you still do behaviours that feel good in the moment even though they're not good for you in the long term?*
2. *Would you like to learn a more sustainable alternative to willpower, that requires less effort, that will help you stay on track after WLS?*



What We'll Be Covering Today

1. How the mind works;
2. Pain & Pleasure - our driving forces;
3. Is Willpower like a muscle?
4. How to harness your Personal Power;
5. Action steps to create change;
6. Bonus resources.



Part 1

Understanding The Mind

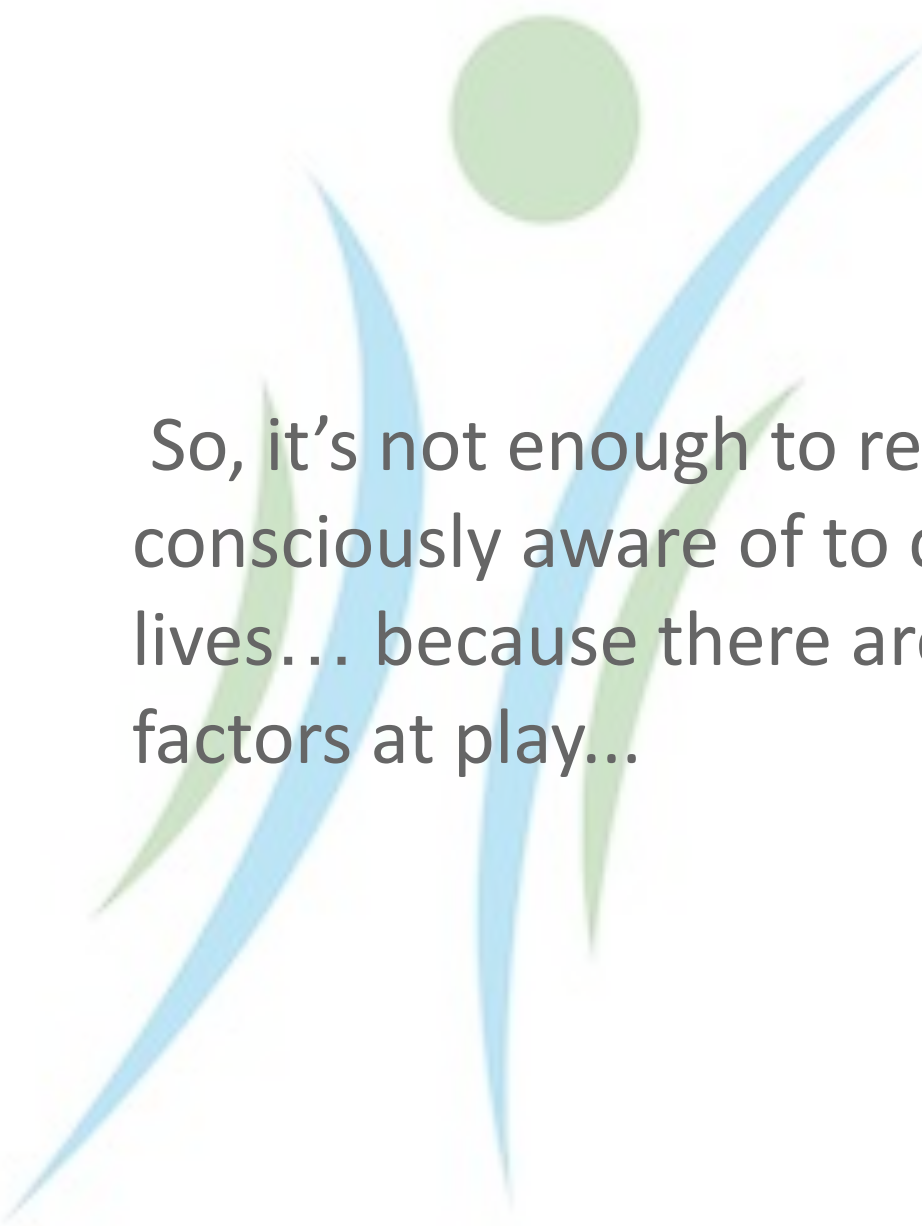


The Conscious Mind

- Thoughts, feelings, memories , ideas that you're aware of in the present moment;
- Receives information through your senses.

The Unconscious Mind

- Easy, automatic, habitual, programmed;
- Over 90% of our brain power;
- Pre-programmed actions and behaviours (our internal software system);
- Memories, beliefs, filters of experience, feelings, decisions
Records and stores everything whether you're awake or asleep;
- Answers any question asked by the conscious mind;
- Can't process a negative.



So, it's not enough to rely on what we are consciously aware of to create change in our lives... because there are other, powerful factors at play...



Part 2

Pain & Pleasure

PAIN



PLEASURE

- We will always seek to move away from pain and towards pleasure, consciously and unconsciously (our unconscious drivers have a stronger force);
- We are pre-programmed to reach and maintain a state of homeostasis - a balance between pain and pleasure that feels comfortable;
- When we're experiencing internal pain, we will seek relief via external pleasure.

Different Kinds of Internal Pain

1. Emotional e.g. sadness, fear, anxiety, resentment, anger, unhealed trauma, limiting self-talk;
2. Mental e.g. bills, deadlines, relationships, overwhelm, boredom;
3. Physical e.g. illness, injury, hormonal or gut imbalances, adrenal fatigue, excess weight;
4. Spiritual / Existential e.g. lack of purpose, lack of meaning in life, a sense of hopelessness.

We have different levels of awareness around the pain we're experiencing, as well as different degrees of intensity e.g. emotional pain can range from PTSD at one end of the spectrum, to feeling 'a bit stressed' at the other end.

How Full Is Your 'Stress Bucket'?



We all have an internal 'Stress Bucket' representing the internal pain of what we are 'carrying' each day.

As this fills to capacity we will look for ways to 'let off steam' (otherwise we explode) and get some pleasure / relief.

The Pain / Pleasure Pendulum

External Pleasure



- Alcohol
- Food (sugary, salty, processed e.g. chocolate, ice cream, lollies, chips etc)
- Overeating
- Skipping exercise
- Procrastinating
- Facebook scrolling
- Shopping
- Smoking
- Drugs
- Sleeping in
- NOT BROCCOLI...

Internal Pain

Emotional, Mental, Physical, Spiritual / Existential

Self-Reflection

What are your external pleasures and what internal pains are they providing relief from?

E.g. EP = Caffeine / IP = tired, lacking in energy

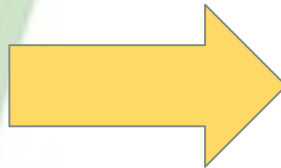
EP = Alcohol / IP = dissatisfaction with job

EP = Shopping or spending / IP = Loneliness or low self-esteem

The Pain / Pleasure Pendulum

External Pleasure

External Pain (Challenge)



Internal Pain

Internal Pleasure

The Pain / Pleasure Pendulum

- Clean eating
- Getting enough sleep
- Planning and prepping meals
- Portion control
- Limited / no alcohol
- Limited / no caffeine
- Dealing with our emotions
- Regular movement
- Staying well hydrated
- Taking action towards our goal

External Pain (Challenge)



Internal Pleasure

The Pain / Pleasure Pendulum

External Pain (Challenge)



Internal Pleasure

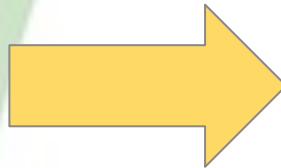
- High energy
- Healing easily
- Strong immunity
- Healthy, strong, fit

- Positive self-talk
- Feeling inspired
- Experiencing joy, peace, happiness, drive, excitement, passion

Two Different Mindsets

External Pleasure

External Pain (Challenge)



Internal Pain

Internal Pleasure



Self-Reflection

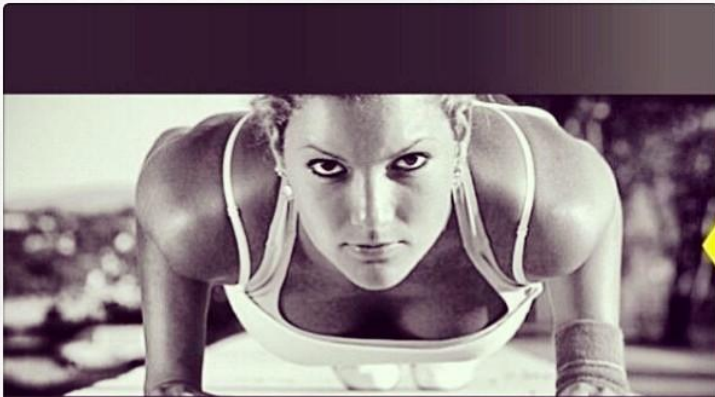
What are the external (and good for you) challenges you'd like to start doing, or do more consistently?



Part 3

Willpower - Myth Vs. Reality

WILL-Power



WILLPOWER IS LIKE A MUSCLE
THE MORE YOU TRAIN IT,
THE STRONGER IT GETS.

WILLPOWER IS
THE KEY TO
SUCCESS.
SUCCESSFUL
PEOPLE STRIVE NO
MATTER WHAT
THEY FEEL BY
APPLYING THEIR
WILL TO
OVERCOME
APATHY, DOUBT
OR FEAR.

DAN MILLMAN

QuotePixel.com

Pleasure, Pain & Willpower

External Pleasure

STUFF IT!

External Pain (Challenge)

COMFORT

WILLPOWER!

Internal Pain

Internal Pleasure

Is Willpower The Answer or Not?

Willpower is like a muscle...

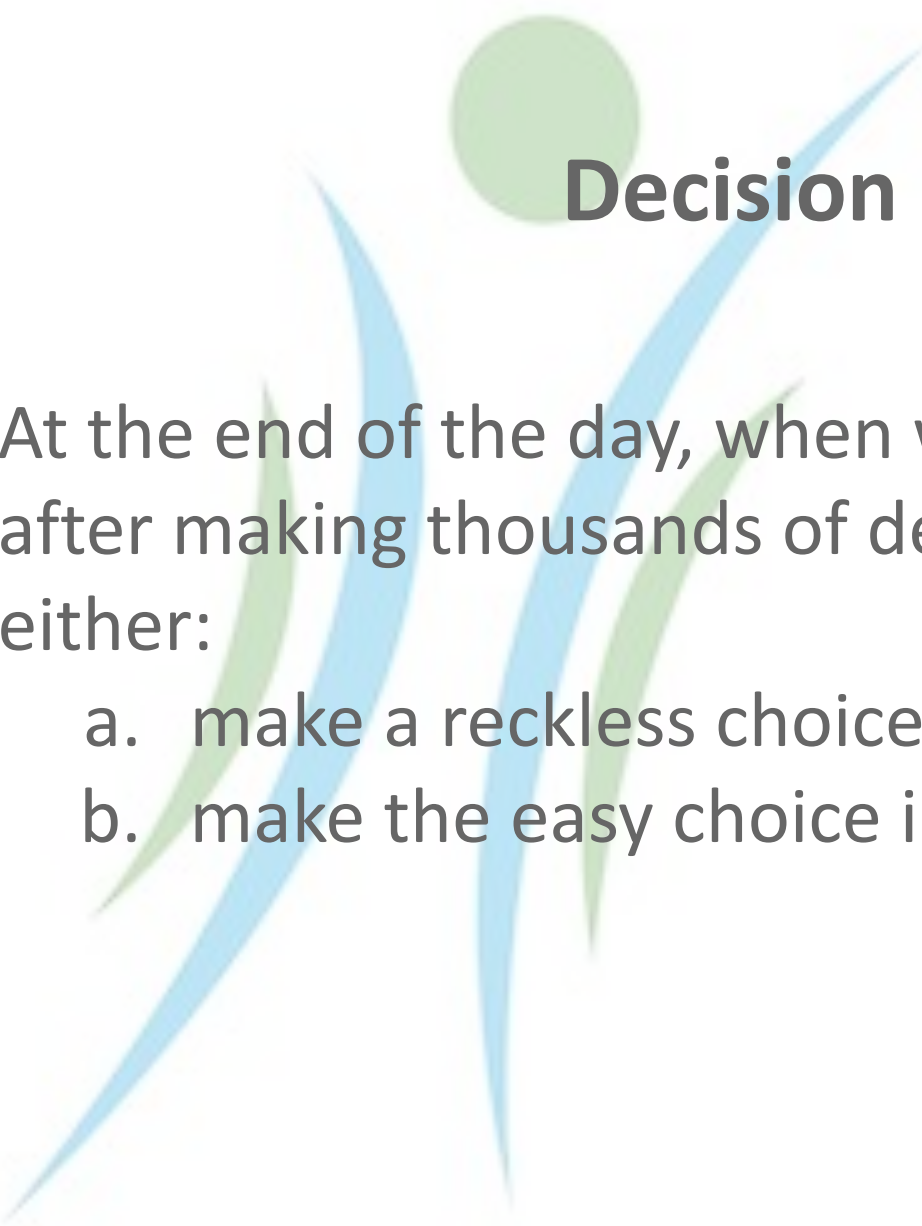
and muscles get tired with overuse...

So, willpower is good for temporary or short-term projects (especially if the project focuses on relieving the internal pain and building internal pleasure).



Decision Fatigue





Decision Fatigue

At the end of the day, when we're mentally tired after making thousands of decisions... we will either:

- a. make a reckless choice; or
- b. make the easy choice i.e. do nothing.

Decision Fatigue



This is not coincidence!

Decision Fatigue & Willpower

Willpower means saying 'no' to something **pleasurable now** in order to say 'yes' to **something pleasurable in the future**, therefore:

1. I need to have clarity about what I'm actually choosing in the future **over** whatever is easy and pleasurable in the now moment; and
2. The LT goal needs to be really **inspiring and compelling** in order to keep me being able to say 'no' to everything else that won't support me to reach my goal.

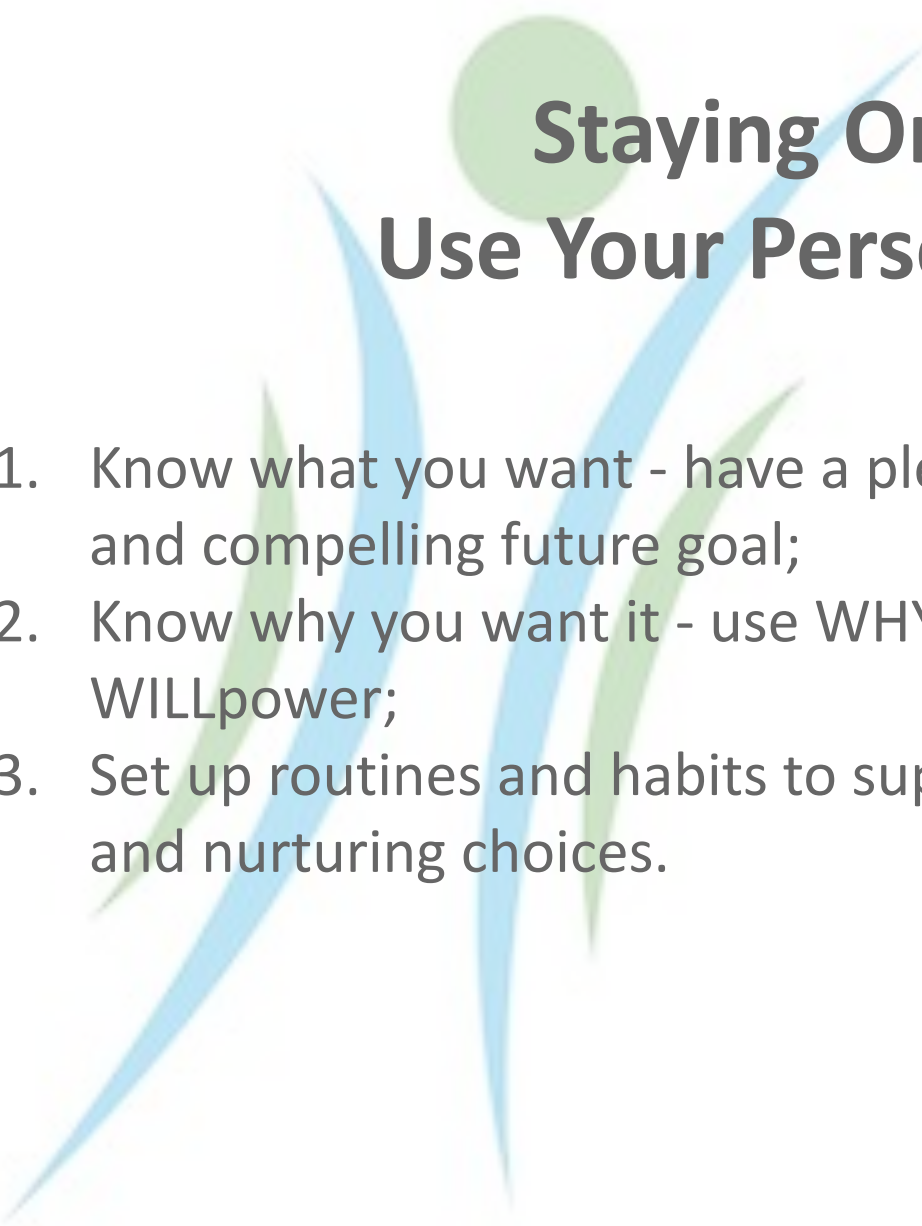


The Conscious Mind

- Willpower
 - Seen as a positive human quality
 - Used to judge and shame people / self when not perceived as present e.g. lazy / undisciplined

The Unconscious Mind

- Habits
 - Unconscious tendencies
 - Automatic behaviours
 - MUCH more powerful and long-lasting than willpower



Staying On Track - Use Your Personal Power!

1. Know what you want - have a pleasurable, exciting and compelling future goal;
2. Know why you want it - use WHYpower instead of WILLpower;
3. Set up routines and habits to support your healthy and nurturing choices.



Part 4

Your Plan & Toolkit

What We Know So Far...

- *We need to have a balance of pleasure and pain in life - when we're feeling pleasure on the inside, we are more likely to be able to choose pain / challenge on the outside.*
- *Relying on willpower is not the best way to create lasting transformation and stay or get back on track (even though it is good for short-term projects).*
- *Habits are the basis of long-term, lasting shifts in what we do and how we see ourselves.*
- *Decision fatigue means that the easier we can make our decisions and choices, the better for us (so making behaviours automatic / habitual is going to be extra supportive!).*

Knowing What You Want & Why

- Visualisation is a powerful tool that primes your unconscious mind;
- Your mind cannot tell the difference between imagination and reality;
- Use visualisation (regularly) to get clear on what you want.

Sit back and relax, we're going to do a quick visualisation... Afterwards, capture your wellness vision in words, using "I am" statements.



Habits

- *'Something that you do often and regularly, sometimes without knowing that you are doing it';*
- We are born with some habits, and others we develop over time
- they are behaviour patterns that we run until we do them without thinking;
- Designed to save us mental effort.

“One tiny change to what you're doing on a daily basis may not necessarily transform your life in that instant, but if you make one, and then another, and then another, all of those tiny changes will absolutely create transformation.”

Quick Strategies for Habit Building

Habit Stacking - take a habit that you already have and that's automatic, and stack the new desired habit on top.

- After I clear up after dinner, I'll take 5 deep breaths.
- After I shower in the morning, I will meditate for 5 minutes.
- As soon as I take off my shoes after work, I will spend 10 minutes learning French.
- After I brush my teeth in the evening, I will floss my teeth.
- When my alarm goes off in the morning, I will drink a glass of water.

Quick Strategies For Habit Building

Temptation Bundling - connect a habit to something you already love to do, to make it more attractive than it seems at the moment, because then you get to do one of your favourite things.

- Walking + connecting with friend
- Meal prep + Facebook
- 5 mins meditation + reading
- Plan week + gardening
- Workout + hot shower
- Drinking water + walking my dog
- washing folding -> shopping online
- bed early -> reading

Quick Strategies For Habit Building

Give Yourself An Immediate Reward - we like to repeat, and are more likely to repeat a behaviour when we find that we have a satisfying experience.

- Self-congratulate
- Reward systems
- Saving systems
- Accountability & Buddy systems
- Habit tracking on a spreadsheet / app

Habits Vs. Willpower

Starting from Survive Cycle

- No chocolate
- No alcohol
- Exercise everyday for an hour
- Only eat pre-prepared meals

= **HIGH** Willpower

= **HIGH** likelihood of rebound onto the 'Stuff It!' train

Starting from Survive Cycle

- Take 3 deep breaths & a drink of water before I reach for the external pleasure

= **LOW** Willpower

= **LOW** likelihood of rebound onto the 'Stuff It!' train

Ways To Build Internal Pleasure a.k.a Habits

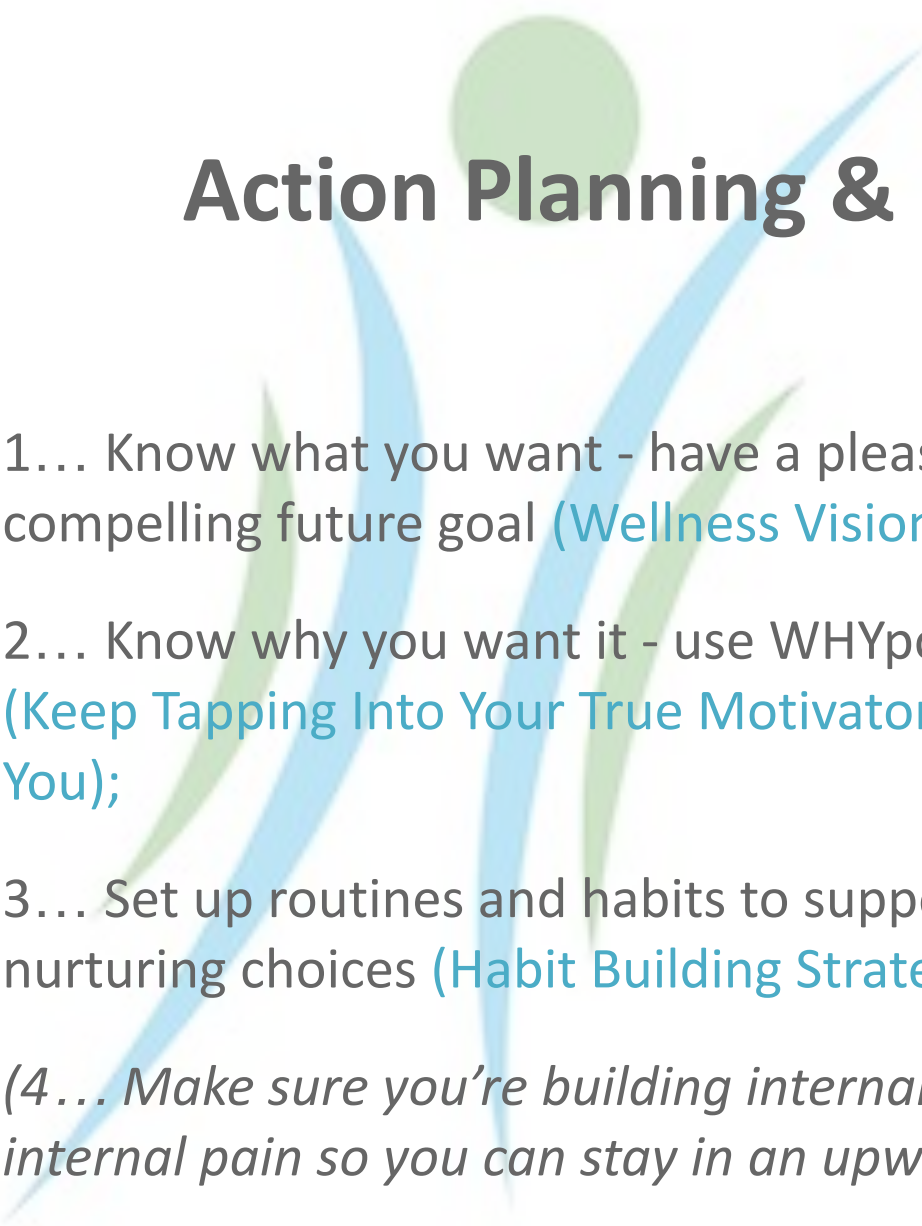
- Meditation / Deep breathing / Breathwork / Relaxation Audios
- Connecting with goals - visualisation
- Gratitude journaling
- Positive Affirmations
- Keeping a list of accomplishments / successes
- Focusing on who I love and who loves me
- Getting enough sleep and rest
- Coaching / counselling / therapy / treatment - get your conscious and unconscious minds aligned
- Hypnosis to re-program your unconscious mind
- Inspiring podcasts (avoid the news!)
- Connecting with people who lift you up

Self-Reflection

*Using the principles of Habit Stacking, Temptation Bundling and Instant Reward, what are some **small habits** you can build that:*

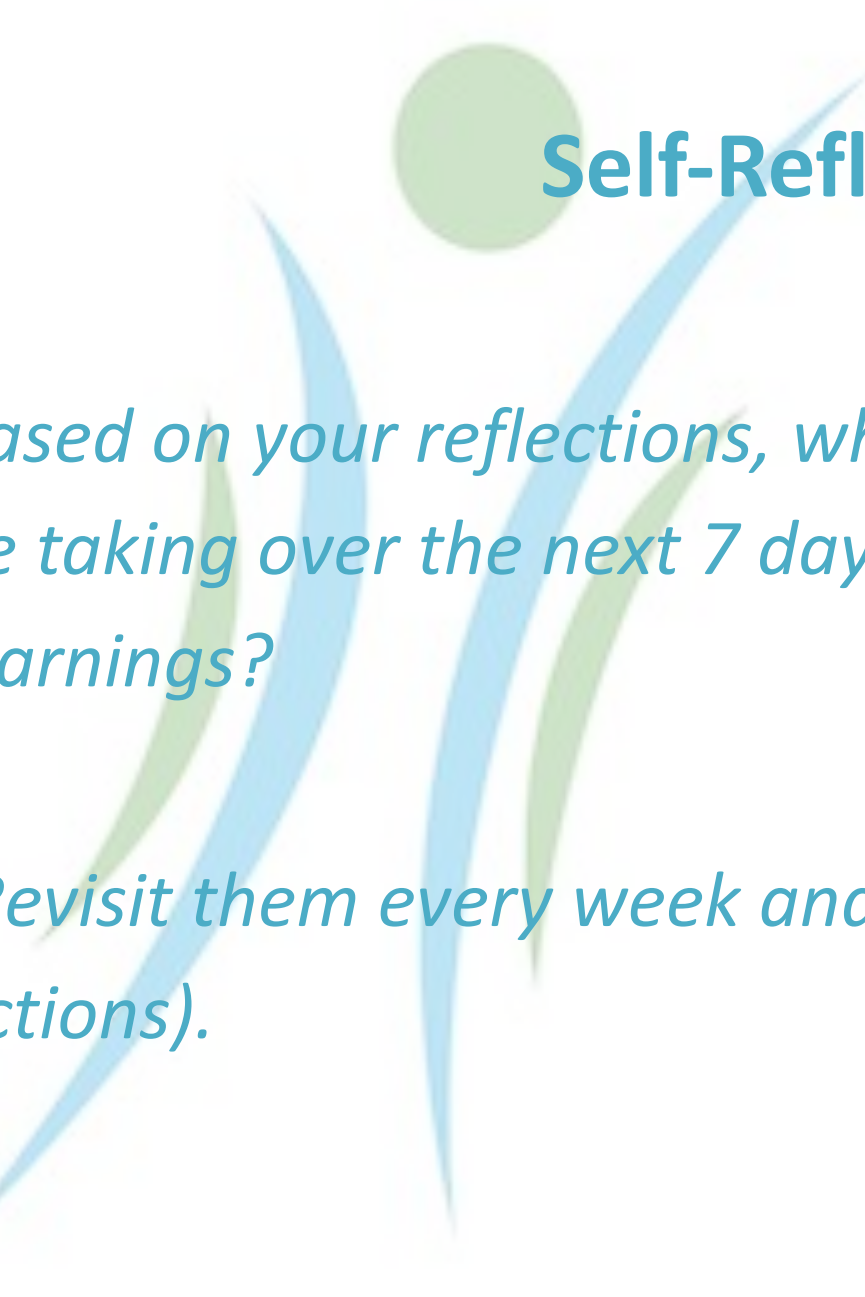
- *create some internal peace and spaciousness; and*
- *require **small amounts** of willpower; and*
- *are highly unlikely to get derailed?*

Which habit will you focus on building first?



Action Planning & Bonus Resources

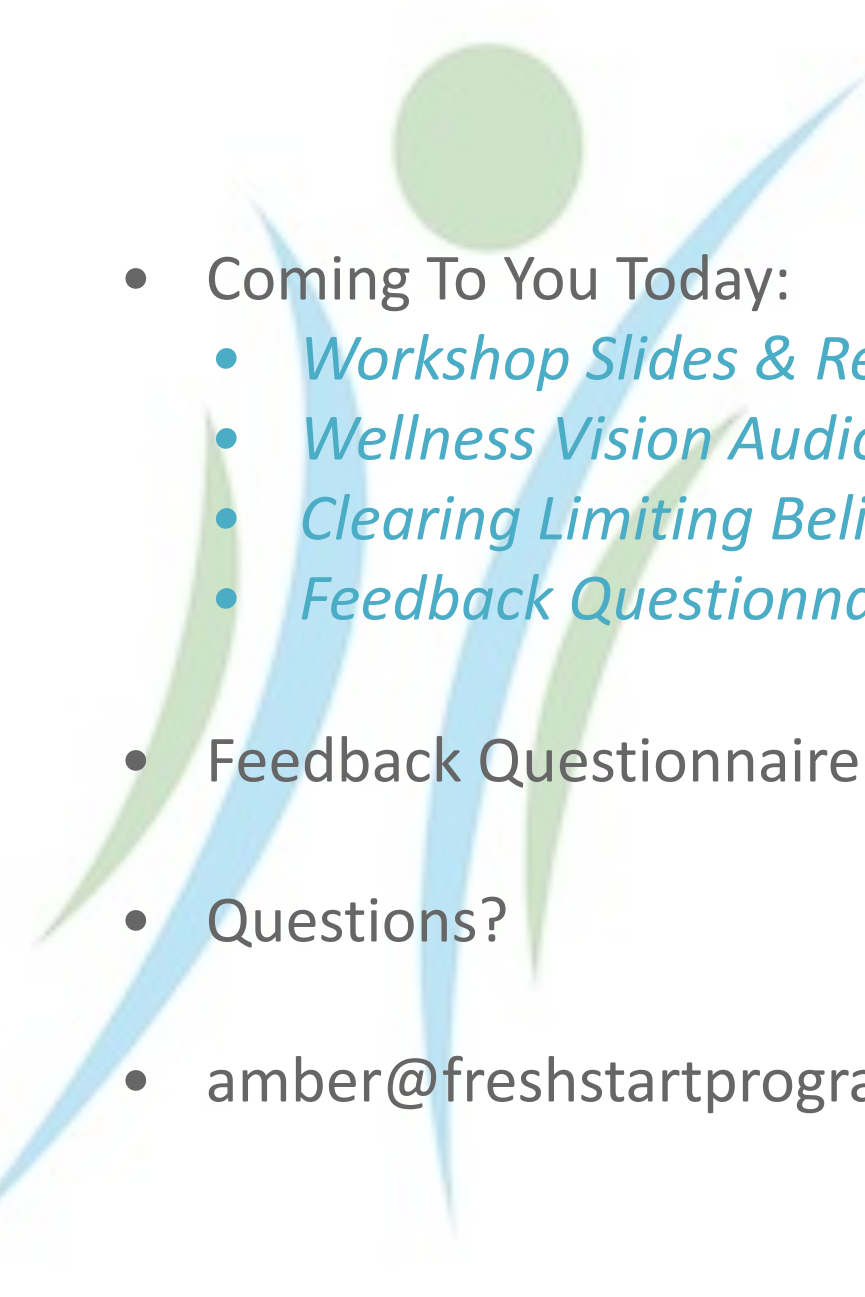
- 1... Know what you want - have a pleasurable, exciting and compelling future goal ([Wellness Vision Audio](#));
- 2... Know why you want it - use WHYpower instead of WILLpower ([Keep Tapping Into Your True Motivators & What They Will Give You](#));
- 3... Set up routines and habits to support your healthy and nurturing choices ([Habit Building Strategies](#));
- (4... Make sure you're building internal pleasure and addressing internal pain so you can stay in an upward, thrive cycle).*



Self-Reflection

Based on your reflections, what actions will you be taking over the next 7 days to apply these learnings?

(Revisit them every week and plan further actions).

- 
- Coming To You Today:
 - *Workshop Slides & Recording*
 - *Wellness Vision Audio*
 - *Clearing Limiting Beliefs Hypnosis*
 - *Feedback Questionnaire Link*
 - Feedback Questionnaire
 - Questions?
 - amber@freshstartprogram.com.au