



**LNP 165**

**The Power of Willpower**

In my previous podcast, which was LNP 164, Lisa Brown shared strategies for braking food addictions. Do you have one? This is Pat Iyer with Iyer's Insights. I love chocolate, for example, and find that it calls to me.

This is Girl Scouts cookie season where I live. A few weeks ago, I broke my resolve and bought a box of Thin Mints from a cute little girl. But when that box of Thin Mints started calling my name, I realized I needed to bring the other half of the box to my church for social hour after worship – so I could tame the beast. Our next-door neighbor gave me a box of chocolates for Valentine's Day, so I placed the chocolates in the middle of the plate and placed the cookies all around the edges. I was pleased to take home an empty plate.

I've met one person in my life who did not like chocolate. If chocolate is not a weak spot for you, is exercise an issue for you? You want to go for a walk, knowing how great it is for your health and how fantastic you feel afterwards, yet you'd rather sit in front of your TV or computer instead.

You know you must alter your eating habits or quit smoking, but you don't have the inner power and doggedness to alter these habits.

Does this seem familiar? How many times have you stated, "I wish I had will power and self-discipline"? How many times have you begun to do something, only to stop after a short while? We all have had experiences like these. If you haven't, this podcast is not meant for you.

Most everybody has some addictions or habits they wish they could overcome, like smoking, excessive eating, laziness, procrastination or lack of self-assertiveness. To overpower these habits or addictions, one needs *willpower and self-discipline*.

They make an enormous difference in everybody's life, and bring inner strength, self-mastery and decisiveness.

## **The Benefits of Self-Discipline**

Why do you require self-discipline? What may it do for you, and is it worth the work of developing it?

Self-discipline is a *key* factor in an entrepreneur's life. It is what we call on when we need to do things we find uncomfortable or boring. Among the main characteristics of self-discipline is the power to forgo instant and immediate gratification and pleasure, in favor of some higher gain or more substantial results, even if this calls for effort and time.

Self-discipline provides you with the power to stick with your decisions and follow them through, without changing your mind, and is consequently one of the crucial requirements for accomplishing goals.

The possession of self-discipline enables you to select actions, thoughts and behavior, which lead to success. It likewise presents you the *inner strength* to overcome addictions, procrastination and laziness.

This is a useful and required skill in everyone's life, and particularly for legal nurse consultants. It takes self-discipline to wade through a case, to prepare marketing materials, to write blogs, and the other countless tasks of owning a business.

## **The Whys of Self-Discipline**

Self-discipline is a useful inner power, which enables you to hang on and not give up, despite failure and setbacks. You *will* have failures or what I like to call *unexpected outcomes*, in your business. The key is to not let them dissuade you from your drive for a successful LNC business.

Self-discipline grants you self-command, and the power to resist temptations (like chocolate) and distractions that tend to stand in the way of attaining aims and goals. As a matter of fact, it's among the most crucial pillars of real and *stable* success.

When you are self-disciplined, your actions lead to self-assurance, self-regard and inner strength, and to happiness and satisfaction.

Lack of self-discipline might lead to failure to reach goals, even minor ones, and to loss of health and relationships issues, obesity and other troubles. You can feel ashamed of yourself. You know what you should be doing, and you feel each setback as a blow to your self-esteem.

Life frequently presents challenges and issues on the path to success and accomplishment, like a table full of Girl Scout cookies. To rise above them you must behave with perseverance and persistence, and this calls for self-discipline. You also need this skill to overcome eating disorders, addictions, smoking, drinking and other damaging habits.



Before we continue with the show. I want to ask you a few questions. Do you struggle with getting fit?

- Does the bag of chocolate in the cabinet call to you?

- Does the ice cream in the freezer speak your name?
- Would you rather eat an Oreo than a carrot?
- Does the idea of going to the gym for getting fit seem less interesting than watching a movie?

If you answer “yes” to these questions, you are singing my song. I interviewed Mike Schatzki to talk with him about how as a middle age overweight male he was able to get into shape. His story may surprise you. I think it will inspire you. The program is called *Coach Potatoes: Secrets of Getting Fit*. We have the audio recording and transcript for you at <http://LNC.tips/couch> and as always, offer you a 25% discount if you use the code Listened in the coupon box during check out.

## **Inner Power**

I want to talk about willpower for a few minutes, because it is part of self-discipline. It is what gives you the power to control impulses, and that directly relates to health. When you are operating from willpower, you use your power to decide what is best for your health. This power gives you the strength to resist temptation.

I’m referring to willpower not just in relationship to your health, but also your business. There is a reason why only 5% of the population are entrepreneurs. Being in business poses challenges that tap your resilience and strength.

By the fact you’ve gotten this far in listening to me, you’ve shown self-discipline and the willingness to stick it out while listening to me talk about uncomfortable subjects.

You know there are people who lack the inner strength to state “no”. As a nurse, you’ve seen massively unhealthy people who can’t control their impulses and do self-destructive things. You know there are people who find it hard to follow and assert themselves, who are afraid to act and make changes. You know there are

people who think you are brave for owning a business and taking risks. And there may be a few people in your life who think you are crazy to do so.

Developing willpower does not require extraordinary powers. You don't have to sleep on a bed of nails or walk on fire – two activities I have never understood!

Developing willpower and inner power is a gradual process that anybody may undertake. You create a series of actions that build over time.

You'll have to give up a few unneeded and harmful pleasures and alter a few unhealthy habits, but this is for a higher good. You give up something adverse to acquire strength and power that will help you in each area of your life. As a matter of fact, the whole procedure may be turned into an absorbing, gratifying and interesting challenge. You may apply your detail-oriented skills and set up goal sheets or checklists for yourself to measure your accomplishments.

As your willpower develops, it will be simpler for you to get rid of habits and attitudes that stand in your way to a more beneficial life. You'll acquire inner strength that will help you with your business, health and relationships.

Most individuals are not born with inner strength, but it may be developed like any other skill.

Inner strength consists of willpower, self-discipline, self-control, doggedness, detachment, the power to concentrate and peace of mind. These skills are crucial and essential tools for success in *all* areas of life. They may be learned and developed like any other skill.

Here are a few drills to beef up your inner powers that utilize ordinary day-to-day actions:

- Don't read the news for a couple of days. (It is just depressing. I cut news out of my life more than a decade ago.)
- From time to time, drink your coffee or tea without sugar. You'll get used to the unsweetened versions.
- Climb up the stairs rather than taking the elevator.
- Park your automobile a little further away from your destination, so that you must walk.
- Now and then, choose not to watch one of your favorite television shows.
- Read a book that's useful and enlightening, but which you find tedious.
- Curtail your desire to pick apart people in your life, even though we are rewarded to do that on medical malpractice cases.
- Restrain your desire to retort angrily.
- Take a walk or exercise every day.

These are only a couple of illustrations to show you how you can formulate your inner strength. By carrying out these types of exercises you acquire inner power, which you can utilize when you're in need of it. By rehearsing them, you formulate your inner muscles, just like lifting barbells develops your physical muscles. And you stay away from Thin Mints.

After you stop listening to this show, be sure to go over to [LNC.tips/couch](http://LNC.tips/couch) to order your 60-minute interview and transcript of *Couch Potatoes: Secrets of Getting Fit*.

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