Driven to Succeed
Increasing Motivation & Willpower

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What is Willpower?

The ability to control:
• Attention
• Emotions
• Desires

“I Will” Power

The ability to do what you need to do, even when part of you doesn’t want to.

“I Won’t” Power

The ability to say “no” when you need to say no.
“I Want” Power

The ability to remember what you **really** want.

What do **You** Really Want?

Take some time to think about 1-3 goals you have for yourself.

Write them down.

“Dad, I have commissioned my buddy to study your behaviour patterns.”

Pitfall #1: Too Tired

The longer you use willpower the more it deteriorates
Pitfall #2: Being Good

Most women are not really smart.

Most women are better suited to stay at home taking care of the children than to work.

Pitfall #2: Being Good

Some women are not really smart.

Some women are better suited to stay at home taking care of the children than to work.

Pitfall #3: Seeking Happiness

We mistake the promise of reward for happiness.

Pitfall #4: Feeling Bad

The brain is especially susceptible to temptation when we’re feeling bad.
Pitfall #4: Feeling Bad

• Exercise or sports
• Spending time with loved ones
• Attending a religious service
• Listening to music
• Praying or meditating
• Getting a massage
• Creative hobby

Any Questions?