



Will Power beats Wish Power every time!

As Dusty Springfield sang in her America Top 100 hit..."I'm wishin' and hopin'" and I am here to tell you that will-power wins over wish-power every time!

The Will Power to Succeed is the pure determination necessary to triumph over fear, uncertainty and doubt as you move towards your most cherished dreams and goals.

So let me ask you...do you have more will or can't in your life?
Do you have the will to succeed?

No question, Will Power beats Can't Power every time!

Do your goals INSPIRE you? How is your inspiration meter reading...wilful or woeful?
Do they EMPOWER you? Do they EXCITE you to ACTION?

A friend of mine, Michael Lovitch, recently wrote an article about the relationship between our Will Power and our subconscious habits. Michael explains why some people just naturally take immediate action, and others know what to do... but just don't do it.

As you will learn, success is "all in your head"... right down to your DNA...I love this pure and simple acronym for **DNA: D)o-it N)ow A)ctions...** and all you have to do is change failure rituals to success rituals, and you will succeed as you have never before.

Do you have the WILL to succeed?

Please take a moment to visualise your top three 2009 goals. Where do you want to be exactly one year from now?

Now, write down the prime REASON for pursuing these goals; your BIG WHY WOW Factor or the big REWARD you expect to get once you attain them. (Remember, the WHY behind your goals is far more important than the WHAT.)

My Top 3 Goals & The Rewards Contained In Them:

1. _____
Reward _____
2. _____
Reward _____

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3. _____

Reward _____

*****RED FLAG:** Now, look at your FEAR to REWARD ratio for each goal. Remember, if the rewards/benefits within each goal are *not greater* than your fear of moving towards them, you won't have the WILL Power necessary to get your goals off paper and into action in your life.

When you are willing to move heaven and earth to attain the benefits inherent within each goal.....you WILL!!!

To turn your "I wish..." into "I will..." you need to increase your passion, commitment and determination. This is achieved by increasing your Champion attitude measuring the intensity of your commitment to not only your goals but your commitment in your life pursuit of them.

Check-in - Attitude Meter: Am I persisting with passion until I succeed at whatever I do?

Setting a goal is never enough. To reach your goal, you must continue to take whatever actions are necessary until you finally succeed. While success is never guaranteed, if you don't persevere to the end, it will never come your way.

Of all the skills to master, determination and persistence are two of the most important. When researching for the development of the homestudy program: "Create Your Own Champion Mindset and Be Totally Happy Being You 7Cd set and 90 page step-by-step manual; we discovered that you can have a perfect game plan but if you lack persistence, you may as well not waste your time in showing up to the starting line. No Champion lacks the persistence to persevere within their mindset makeup.

"Life is 10 percent what you make it and 90 percent how you take it." ~ Irving Berlin

A commitment to persevering while enduring the obstacles and challenges throughout the performance suggests people can count on you to see every project through to the end. No matter how large or small your goal, you stay focused until you achieve what you want. You're able to do this, not by the burden of a promised obligation, but by keeping your sights clearing on the value of the goal.

By keeping the desired outcome constantly in view, you stay motivated to do whatever it takes—as long as it takes—to achieve what you want. Each goal accomplished rewards determination and reinforces your willingness to persist on future projects.

A lack of commitment to your performance suggests you are someone who lacks the personal commitment to see your projects through to completion. You may start projects, but your

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passion diminishes well before they're completed. There's always a good explanation and no shortage of rationalisations why many projects never get accomplished. Hence the term: "Self-fulfilling prophecy."

Each time you abandon a goal before it has been completed, you give up a little more of what you have the right to expect. Ultimately, you will lose all faith in your ability to achieve the life you want and therefore you fulfil your lowered expectations reinforcing your lowered power and lowered belief in you..."well it was wishful thinking anyway."

So are you ready to hear the truth? Can you handle the whole truth?..... since when you consistently finish what you start, from small personal projects to major career goals; YOU gain POWER over your life. Your WILL power to see your goals through to the end drives your WILL to succeed.

Look at your goals again. What is your FEAR to REWARD ratio?

You have two choices: Increase the REWARDS; or, Reduce your FEAR.

Remember, a loss of WILL Power occurs when you permit FEAR to take over your life.

Fear reduces your Energy level... destroys your Attitude... clouds your Goals... ensnares your Plans... causes a loss of Focus... and stops others dead in their tracks from helping you.

Yes, FEAR is a prime reason people NEVER achieve their goals.

You will achieve your inner most goals much sooner, if you have greater WILL POWER!

What's holding you back? What are the blockages preventing you achieving what you want?

P.S. Want MORE Will Power? You can have 100% certainty in your commitment to YOU? Check out the [Create Your Own Champion Mindset 7Cdset... your DIY Goals Achievement toolkit](#). Let [Shelley Taylor-Smith](#); **Australia's No.1 Mental Toughness Coach** teach you how-to increase your WILL power so you will power all the way to the finish line...to succeed! If you are having trouble consistently taking the actions you know you should, Shelley will train you step-by-step in the 90 page manual to determine what's holding you back, discard the blockages and discover your willpower...that will be a God-send to you!

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