

# her business

December 2006 | Issue 74

An Intelligent Read For All Women

## Embracing the Festive Season

**Christine Rankin**  
*Transforming the Rankin File*

**Christmas Survival Strategies**

**Are You Failing Fast Enough?**

**NY Pooches Paradise**



9 771173 519002

NZ: \$8.90 INCL GST

[www.herbusinessmagazine.com](http://www.herbusinessmagazine.com)





# Willpower Workout

Beat those exercise excuses with our Willpower Workout. These steps will help you gain control of your willpower to turn your actions into habits.

**W**illpower or motivation; either way you look at it, it can be extremely hard to sustain.

Your personal willpower is never tested more vigorously than when it comes to weight loss and exercise. Unfortunately for us, willpower can be so fleeting that we fail to sustain it for the duration that is needed to see noticeable results in the areas we desire. If we base our results in life on willpower alone, we could potentially be setting ourselves up to fail. What we may need to do is create *habits*.

So what exactly is willpower? Willpower is a hyped-up word for self-discipline or control. It is our ability to carry out the action we say we will and not be 'tempted' away from it by various circumstances or objects of desire. Willpower should really be

called 'skillpower'. The ability to make informed decisions based on skills we acquire to manage our everyday life in a more constructive way.

Clients ask me the same question "Why do I find it so hard to stick to a weight loss programme?" The only answer to this question is "Have you got a big enough 'why'?" To succeed at anything in life, we need a big enough 'why', which gives us the desire to succeed. All success in life begins with desire.

Equipped with the right information and resources it would be possible to eliminate the need to use a fickle emotion such as willpower. Given enough of a 'why' we can turn an action into a habit. Do you need willpower to brush your teeth in the morning? (I hope not!) Have you ever asked yourself

why this is? The biggest 'why' for this would be smelly breath and a foul tasting mouth all day! Any activity that gives a beneficial return is more likely to be stuck at.

Are you denying yourself by going on a weight loss programme? If you are, you are possibly setting yourself up for failure. If you are hungry on your diet, then you are bound to succumb to the temptations of junk food. It's hard to have willpower in a situation like this!

Stop looking at food as either being good or bad and enjoy food. Instead of trying to banish your 'forbidden foods', eat them more often. This way they then hold no power. Manage portion control and you may then eat whatever you want in moderation. You will then no longer need willpower to avoid them.



Do you see yourself as a healthy and fit person? If you do, then your actions will be in line with this perception. You will work out, you will eat well, and you will lead a healthy life. Your self-perception usually creates the actions in your life which then produce the required outcomes.

Aristotle said, "We are what we repeatedly do. Excellence then is not an act, but a habit." Make creating this 'excellent persona' a game. Give yourself 21 days of creating a healthy and fit person. Behave the way you want to become.

#### Action steps for Willpower (Self-Discipline)

**1** List each reason why you want to lead a healthy life. This helps you focus on what you want. Example: you will feel more energy and you will be a good role model for your children or spouse.

**2** Now list why you would want to continue your old habits. If you watch too much TV instead of

exercising, list why. Examples include: it's more relaxing, and I don't have to do anything.

**3** Try to uncover what this habit is fulfilling for you. Example: not eating right and exercising means you don't have to shift from your comfort zone and make an effort.

**4** Now ask yourself if these bad habits are actually fulfilling your needs. Example: Is TV really all that relaxing? Do you actually feel guilty after watching for hours and feel your time could have been better spent?

**5** Now look at a way in which you can fulfill this need by doing a healthy activity. If you thought TV relaxed you, you may now try yoga or Pilates to really relax your mind and body.

**6** Set yourself up for success by having a no-fail environment. Leave your sneakers and gym gear near your door ready to go. Avoid shopping when hungry and try to buy less junk food for the house. 'Out of sight, out of mind' is a true statement.

**7** Enlist the help of friends, family or a trainer to help you be accountable to someone else. Sign a contract with them of what you intend to carry out. Set up rewards for yourself along the way for added incentives.

**8** Visualise yourself to success. Visualise, in your minds eye, yourself exercising every morning or eating well. Feel how full of energy you are. Bring intense emotion into your mental picture. See yourself looking slimmer and more vibrant. Make a visual collage to reaffirm your goals. Get creative and very soon your actions will support your visualisations and you will be on your way to success. Never give up. Missed a day of working out? No problem, start over again today!

By Nalisha Patel

Nalisha Patel of HealthMastery specialises in mobile personal training in home or office. They offer 12-week challenges for health and fitness, weight-loss and a healthy mindset. Phone 0508 SHAPE ME (0508 742 763). Visit: [www.healthmastery.co.nz](http://www.healthmastery.co.nz)

# HERITAGE MATTERS

*the magazine for New Zealanders restoring, preserving and enjoying our heritage.*

**Available from all good magazine retailers and supermarkets**

**RRP \$8.50**

**TO ARRANGE YOUR SUBSCRIPTION**

Visit: [www.heritagematters.co.nz](http://www.heritagematters.co.nz)  
Email: [editor@heritagematters.co.nz](mailto:editor@heritagematters.co.nz)  
Phone: 03 313 6760 or 0274 345 946  
Fax: 03 313 4719

Write to: Top View Media Limited  
P O Box 50  
RANGIORA 7440,  
NEW ZEALAND

