



# TRUTHS ABOUT WILLPOWER & GOAL SETTING

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## Achieving Goals

1. What are some possible reasons people fail to achieve their goals?

2. Remember the Success Formula

$$\text{Success} = \frac{\text{Passion}}{\text{Perceived effort}}$$

3. Think of a specific goal. It could be a current goal or intention, a past goal, or one you've been considering. How can you increase your passion for your goal?

4. What is the real "Why" for wanting to achieve this goal?

5. How can you make this goal seem easier to accomplish?

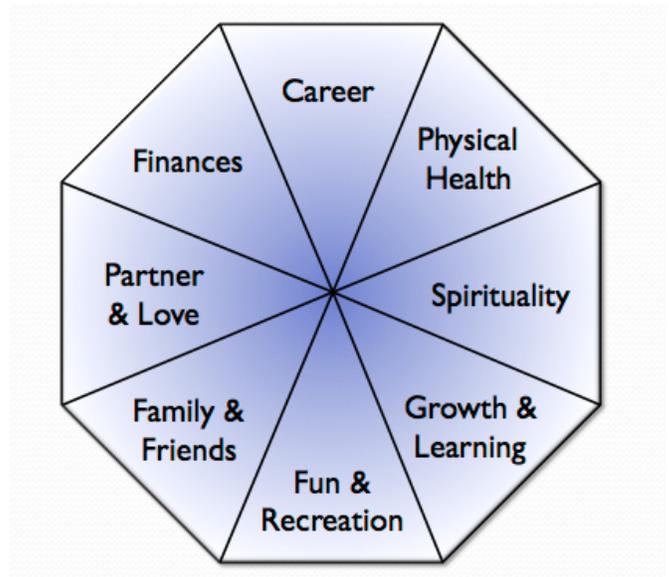
6. What obstacles or challenges do you predict will come up that will get in the way of achieving this goal? What plans can you make ahead of time to overcome these obstacles?

### Understanding Willpower

7. Willpower is a limited resource that needs to be replenished. How does this impact your goals and your plans for achieving them?

### Choosing Goals

8. Use the Wheel of Life to help you identify a goal that will have a significant impact on the quality of your life.
  - a. Rate the current importance of each area to you on a scale of 1-10.
  - b. Rate your current satisfaction with each area on a scale of 1-10.
  - c. Are there any areas that have low satisfaction but high importance? If so, what action (goal or intention) could make it significantly better?



<b>Area</b>	<b>Current importance (1-10)</b>	<b>Current Satisfaction (1-10)</b>
<b>Career</b>		
<b>Physical Health</b>		
<b>Spirituality</b>		
<b>Growth &amp; Learning</b>		
<b>Fun &amp; Recreation</b>		
<b>Family &amp; Friends</b>		
<b>Partner &amp; Love</b>		
<b>Finances</b>		
<b>Other</b>		

**Recommended Reading:**

- Willpower by Baumeister and Tierney
- The Willpower Instinct by McGonigal
- The Power of Habit by Duhigg

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