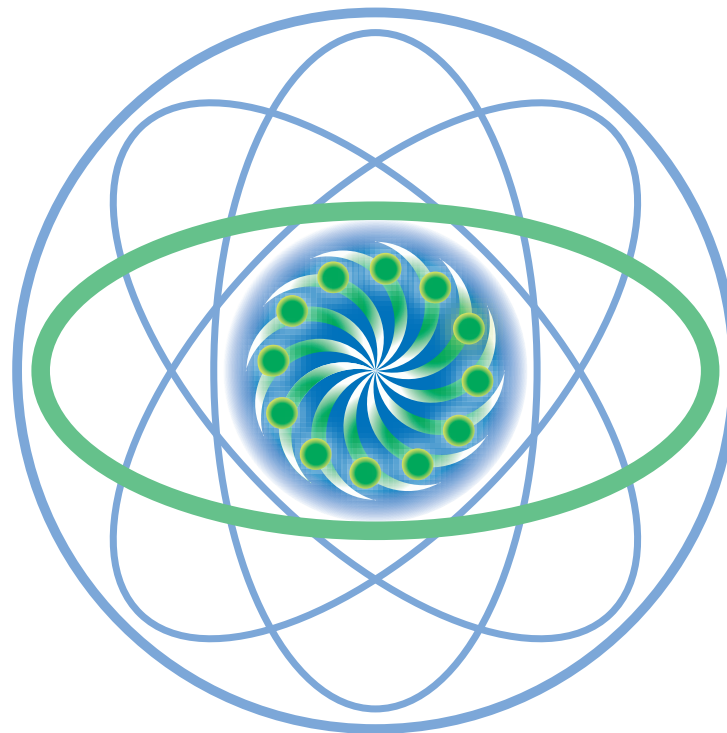


Work Harder or Work Smarter.

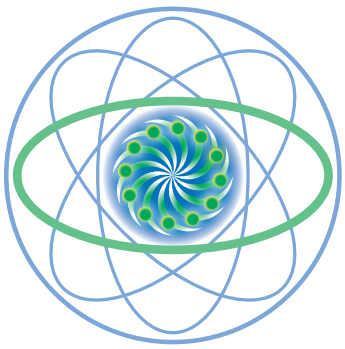
Colin Andrew Brown

Hearthought Enterprises Ltd, Totnes, Devon, UK



In This Presentation, You will Learn about:

- Will Power
- How to boost your will power
- How to apply it to your working day

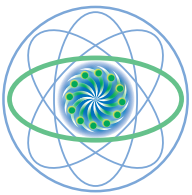
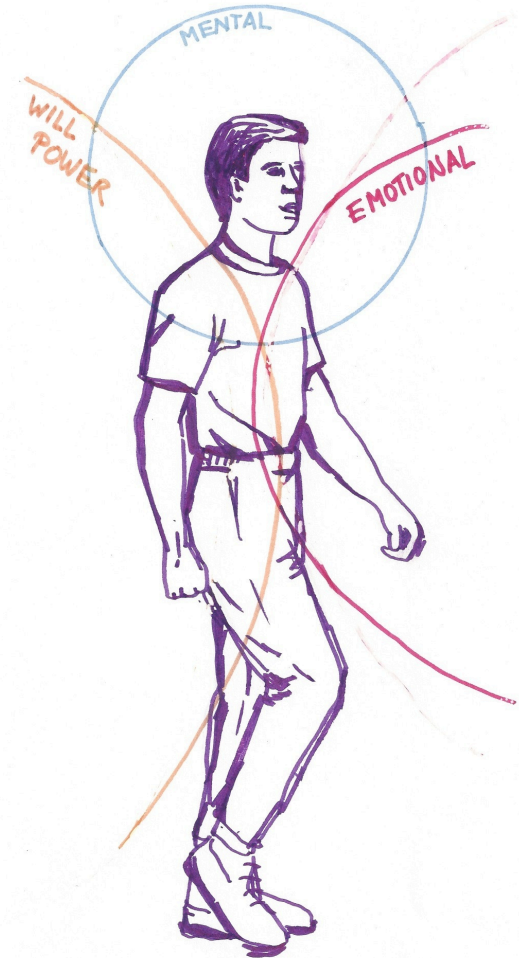


Model of the Mind.

Mental level.

Emotional level.

Will level.



Lets Look at Will Power.

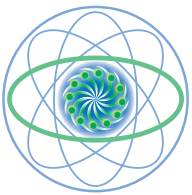
Will Power:

Concentration

Will

Focus

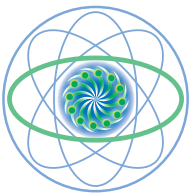
Attention



Will Power is like a Muscle.

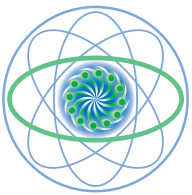
You can work at
strengthening it.

It is different for
different people.

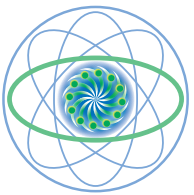
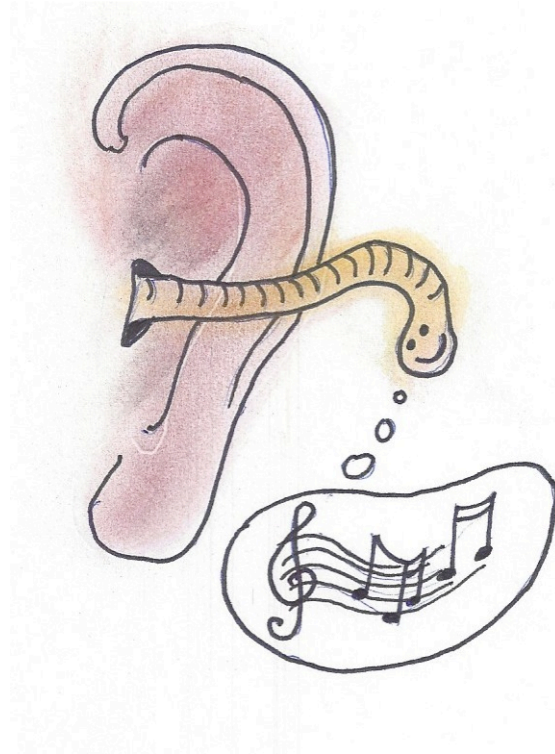


Will Power is like a Muscle.

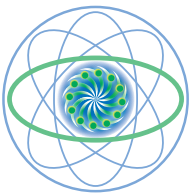
Overwork it on any one day and, just like a muscle, you have no energy left.



Odd things use up your Will Power.



Odd things use up your Will Power.



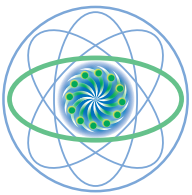
Odd things use up your Will Power.

Decision making.

Half finished actions/Things that rattle around your head e.g. Ear Worm.

Lack of glucose in the blood.

Too much stimulus e.g. cities



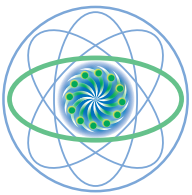
Odd things use your Will Power.

Anything which requires attention/focus:

Hard exercise

Social engagements (for some)

Concentration



Boost Will Power #1.

Mindfulness.

Benefits:

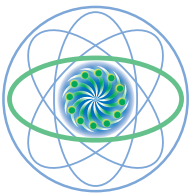
executive control awareness

mind control

physiological effects

empathy

awareness



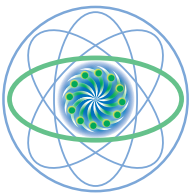
Boost Will Power #2.

Attach small changes to moments of the day.

After X I Will do Y

Be tidy: a boring life can produce earth shattering changes!

But add in chaos for relief.

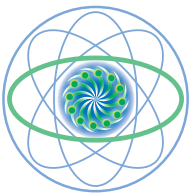


Boost Will Power #3.

Perform timed movements:

e.g. touch the right knee with the left hand at 10:00am.

Timing, pointless, discrete and
Loads of fun!



Creating Change.

Do small changes, regularly e.g. 100m daily walk, not a marathon run.

CREATE A REGULAR ACTION.

Attach changes to other routines.

Plan for when you are not overloaded.

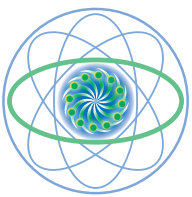
Pay attention to:

your motivation.

your ability.

action trigger.

Self-forgiveness.



Creating Change.

Motivation.

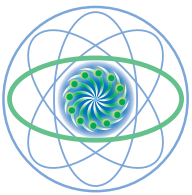
10,000 hour rule is nonsense otherwise everyone would be a top golfer.

Create a routine- then change it!

Aim to change and perfect that routine.

Monitor progress.

100m, to 200m, eventually to marathon!



Concentrated Work Timings.

10:30 Start concentrated work

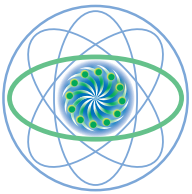
11:08 Yawn

11:22 Yawn, stop.

13:15 Start

14:15 Fade of concentration

14:45 Stop.

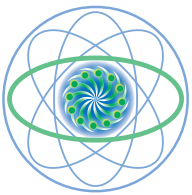


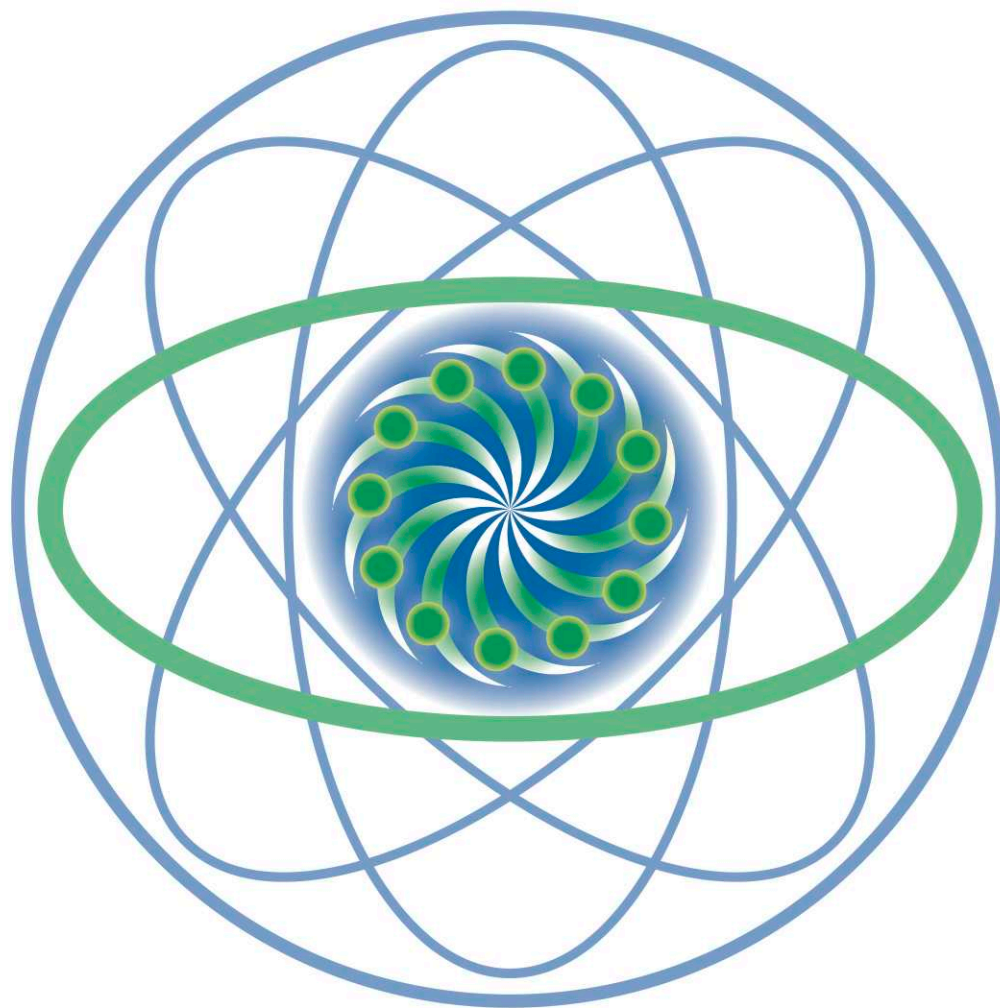
Conclusions.

Will Power is a key to effective work.

Will Power is easy to train.

Essential to re-training your day.





HEARTHOUGHT

Live Intuitively