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Podcast Episode # 20

The Beyond The Food Show

TBTFS 020 – Willpower: 3 ways to increase it!



the

BEYOND THE FOOD

Show

WITH STEPHANIE DODIER

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Stephanie: Welcome to episode 20 and today it's all about willpower. In the last five show we did the series called the Undiet 2017 and the next step is actually to help you make it happen. And that's when people believe that willpower is something that they should have or they wish they had and it would make their lives so much easier. Well, I'm here to tell you that this is a myth and a big one. You today have the same amount of willpower as me or as your neighbor or as your friend, it's right there inside of you right now. This episode is going to help you tap into this.

Now we're coming off the holiday period and people are into the resolution mode and I have to say that I've stopped this a long time ago and right now as I'm speaking to you, I'm looking at what I call my desire board, this is my way of doing resolution every year. And I had a guest, I think it's in show 18 and Dr. Katie that came over and talked to us about the desire mapping and a new way of looking at goal setting. And I wanted to quickly share with you today what are my goals, my desired feeling for 2017 and what I'm going to be focusing on when I make my choice and my goal for this year.

And the first one is the feeling of joy. I want to be happy in everything that I do in a daily basis. Second one is inspired, I want to work with people, I want to do work that inspire me and inspire you to be a better person. Beauty is the third feeling that I want to focus on because I want to find and respect my own beauty and find beauty in things that I look at every single day. Instead of looking at the negative side or the negative aspect of something, I want to focus on the beauty part of life. And the fourth, feeling is abundance and this is something that personally I've been working on for a number of years. I was raised in a mentality of scarcity of not having enough, not being enough and it is something that I have to focus on everyday because there is abundance inside of me in my life, I just have to focus and see it.

So those are my four feeling, my core feeling, my desire feeling that will fuel my goal for 2017 and that's how I'm going to fuel my willpower for 2017 and that's what this episode is going to be about and it's going to make a little bit more sense as we go through the episode for today.

The next one that I want to talk to you is our contest for the iTunes reviews that we have. We have two gift card to be drawn for Primal Life Organic skincare and also an hour to work with me, called The Power Hour where I do nutritional analysis for you and I will provide for you a personalized game plan for yourself as well as coaching. You have until

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January 15 so there's only a few days left for you to leave your review on iTunes and take part in this contest and I would hate for you to miss this opportunity. The winner will be announced on January 16 on the blog.

And today I want to highlight a review from Susan Tate that was left on iTunes and Susan say, "I recently listened to the podcast and how your product are making you sick. Incredible information for women to looking to improve their health all around. This podcast is a valuable resources and should be on everyone go to on their phones." Thank you so much Susan for the review and your fueling my work. For all of you out there that want to give back and want to share with me what they think of the podcast, be aware that you're fueling my work so I'm looking forward to hearing from you via the review on iTunes.

So you're ready to do this? You're ready to find out three ways to increase your willpower? Let's do this.

People believe that willpower is something magical, something out of this world that you either got it or you don't and that their friends, their sisters or brothers around them who demonstrate willpower are so freaking lucky. Well, listen to this. This is BS, okay. This is not true. You, who are not believing that you have willpower, I am here to tell you that you do and you have willpower as much as anyone else. Now before we go further, let's define what willpower is because there maybe a misunderstanding that is at the root of your belief that you don't have enough willpower.

Well, willpower is defined as your ability to restrain your thoughts or your desire. It's a power of choices. Now this ability is something that yes, you demonstrate towards your goals, your resolution, things that you want to achieve in your life but it's also something that you demonstrate on a day to day moment in your regular life. Let me show you or give you an example of what I mean.

Imagine the situation where maybe you've lived that or maybe you're living that currently, that money is tight, you're financially at period of time are restrained or short and that makes you look for ways of gaining more money and you in that mindset are living your house and going shopping, you're going to the shopping mall and you're going from store to store. And in that moment, you have an opportunity to make more money, you have an opportunity, if you desire and choose to do so an opportunity to steal. You have an opportunity to grab items from the store and leave without paying.

Now for most people, probably the majority of you listening to this podcast right now, that's not even a thought that goes through your mind. You're

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going shopping for very specific item that you can afford and can pay and although you're surrounded with hundreds and thousands of things you wished you had, you do not have the thought that stealing is an opportunity in the moment. Now why is that? Why although you have the opportunity, you choose not to do so. It's because of your belief and value that are in grind, that are deep down inside of you that stealing is not something you do because it doesn't correspond maybe to your value of honesty. Maybe it's other value that are more religious based but that's not important. You have a value that you do not steal, that it's not something that you do.

Therefore, when you are in the moment of being faced with the opportunity to grab items, hundreds and thousands of items, it doesn't even cross your mind because it's not something that you would do based on your belief and your value.

Now when it comes to health goals, willpower is exactly the same process. So if an example, if you decide to exercise three times a week for 2017, you want to go to the gym three times a week, right? That's your goal. You will if it's anchored in your belief and your value will not have wavering choice when it comes to the moment in the day when you choose to go to the gym, you will just do it because it is anchored around your belief and your goal. It's not going to be something that you will have to debate over because it is anchored around your belief and value, and that's how maybe your brother, your sister, your friend goes to the gym three times a week and it's not a challenge for them because they have found, they have created a value, a belief system around this goal that makes it non-challenging for them, right?

Let me give you another example of this. On a scale of one to ten, when you make those health goals, how do you rate or value your goals? For example, you go to the gym three times a week. Is that going to the gym for you more valuable than sitting in front of the TV to be caught up on your TV show, whatever they are that you're listening to? Which one is the more valuable towards you? Chances are going to the gym is not something that you've anchored around the belief and a value that is personal to you. There might be moment where the TV show may sound and look more appealing than going out to the gym to exercise your three times a week. If your goals, your health goals are attach or represents your value, you will find the willpower, the magical willpower to achieve them.

Now to help you with this, I have three tips. The number one tip is around finding your why. And that's the exercise you need to do to correlate your

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goals to your value and belief system. You need to understand why you want to do something, why you want to exercise three times a week, how does it interact with your relationship to your belief, value and even your life choices. And there's two big categories for that, there's the internal values and external values.

Internal values what's connected to some will say your soul, spirit, your heart, your belief and your value, right? I want to exercise three times a week because it provides me with more energy so I can interact with my child and be a positive mentor in their life. That's an internal value. Now the external side of this could be, I want to exercise three times a week because I want to lose ten pounds. My only reason why I'm going to the gym three times a week is so I can burn calories and lose weight. Now I know for most of us we start from setting goals that are focused on internal value and then unfortunately, we fail in achieving those goals because we believe we don't have willpower. We then get introduced to this concept of internal value. Internal value is where the power of willpower is. Playing with the words here.

Now finding those values, those beliefs, finding your why is something that you can do and I have a blog post that I've linked in the show note that will take you through eight powerful questions that will help you build and find your why. And I want you to go through this exercise, you can go to stephaniedodier.com/020 to find this blog post. I also have a video there to help you. And once you go through those questions, in relationship to your goals what is your health goal trying to achieve - weight loss, exercise and how does it relate to your personal value in answering those eight questions will help you go there. If you're watching this on a Replay Show 21, it's all about that. It's all about finding your why so I go through this material in depth so you can refer to that as well.

Now before we move on to tip number two, I want to take a moment to introduce our new partner for The Beyond the Food podcast, this new partner is FBomb. FBomb is a small company that is manufactured in a mountain of Flagstaff, Arizona and it's a family based company. FBomb creates and manufacture product that allows you and I to have healthy fats on the go. FBombs are on the go, healthy fat, little pouches that you can carry with you everywhere and that allows you to make healthy choices so it can be little pouches of coconut oil, macadamian oil and sea tea oil nut butter. Something that I have in my purse all the time and if you follow me on social media, you saw me snapping pictures of this product wherever I was, because it's easy and it's again, in a situation where in relationship to our podcast where you need to make a choices, if you have this healthy fat choices with you as a snack versus having nothing in your hand and having

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to make a choice in the corner so you're much better consuming the product from FBomb and have them with you. And I'm very proud to be connected with this family based company because they represent all my values and belief when it comes to nutrition and particularly the fact that they use additive, no sweetener, no emulsifier in their product. It's only real food, only the raw ingredient whether be it coconut oil, macadamian oil and sea tea oil or even any other raw nut butter, it's just real food.

So if you go to the show notes today, you will find the link to go in and look at the product of FBomb, it's www.dropanfbomb.com. You can use a coupon Beyond the Food for 10% off your first order. So all the details are in the show note and again, welcome FBomb as a partner of the show.

Now we're going to move on to tip number two, to increase your willpower it is very simple but don't give yourself a choice. That is tip number two. And then we'll address the whole concept of cheating and particularly when it comes to health goals that are related to nutrition. I always hear people asking or wondering if they can have a cheat day, right? If they can make themselves a choice, a weekly or current, a weekly or current so they can cheat on their nutrition plan.

So cheating is defined as an act of dishonesty or unfairly approach in order to gain advantage. Does it make sense when it comes to achieving a health goal that is based on your value and your belief? Would you steal once a week, would you steal once a month? Would you cheat on your belief and your value on a dictated amount of time? Or because you want to make a choice? I want you to change your mindset around that from cheating to making a conscious choices, Don't give yourself, don't take the approach that you will cheat on your goal once a month. You will give yourself a break once every three weeks from going to the gym or you will have a cheat day every Saturday night. You're programming your brain to not be in alignment with your belief and your value which will trigger more subconscious choices, later down the road that will tell you I don't have power. Well it's because you're allowing yourself not to have it a timely, on a weekly schedule.

So in the same manner that we wouldn't do that with stealing, we wouldn't steal once a week, we are not going to program ourselves to not follow through on our goals and our choices and acting upon our choices to achieve those goals. So when we are looking at this, we don't want to say we want to be perfect all the time but rather we want to make conscious choices. So for example, if your goal is to go to the gym three times a week, there may be times where you're sick, right? You're going to push yourself through sickness to go to the gym because you're going three times a week rather at that moment where you feel your body being sick and weak, you will make a con-

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conscious choices to respect your body and not go to the gym to allow your body to heal itself.

Another example when it comes to nutrition choices or health goal that are based on nutrition, we don't want to aim for perfection as far as being 100% all the time to our nutrition plan but rather we want to make the conscious choice to have this piece of food because it allows us for example to connect at a deeper level with our culture. And then an example of that would be some choices that I made personally over the holiday period where some of the traditional food that are associated with my French culture. I chose to have them although they contain gluten and it contain sugar because I wanted a connection to my culture where I chose to be with at that moment. I made the conscious choices to have that food at that moment.

I hope this makes sense and that helps you see the choices that you make on a daily or weekly basis regarding your health goal. Don't give yourself a plan choices but rather make a conscious choice.

And tip number three, the shortest but the most profound one is stop saying you have no willpower. I hear and I see that on social media and people are saying that to, "Well, I don't have any willpower Stephanie, it's so hard for me. I wish that I was different." And now you know that you do, right? You're saying verbalizing through your mouth that you don't have it, actually leaves an imprint on your subconscious mind that you don't have willpower. We have our two minds, for those who may not know this but we have our subconscious mind and our conscious mind. 90% of the choices and decision that we make on a daily basis are made from our subconscious brain, the brain that were not aware is there. For example, that's how the decision to breath is made from, that's how your heartbeat runs from, it's called your subconscious brain. Your conscious brain is only the 10% of the decision you make on a daily basis where you ask yourself what should I do and then you make a conscious decision to do so.

When you speak through your own mouth, through your own word about yourself or about belief that you have, you are sending the message to your subconscious brain, well that's how I am let's act as such the next time we make a choices. So if you're saying that you don't have willpower, you're sending the message to your subconscious brain that you don't have it, so next time you're faced or want to use your willpower, your brain will believe you don't have the element which is willpower and you will make bad choices because you don't have the willpower but it came from you saying that you didn't have it. I know this can sound confusing, maybe rewind the podcast and re listen to it but once you get it, it's going to make total sense to you.

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So stop saying you don't have willpower when you're talking with people, when you're talking about yourself but rather say I do have willpower. Start imprinting your subconscious brain with the belief that you do have willpower so it's going to be much more easier next time you are going to make a decision in face to your goals. You know you have it because you're demonstrating it in another part of your life so it is true. So you just need to manifest it through your words now.

Having a great amount of willpower is something that you are born with not something that you gain or something that you are lucky to have. It's something that you demonstrate everyday. You are able to access your willpower towards your health goal once you find your why. Once you are connected to the reason why internally, you desire to make those action in your daily life. Once you are connected to your value and your belief. That connection is the key for you to access your willpower. Once your goal is centered around your internal value, your belief, you will be successful in increasing your willpower.

I'd love to hear from you about willpower and your own personal experience when it comes to willpower. You can go to iTunes or in the show notes, stephaniedodier.com/020 to access the review link. Leave me a review. I want to hear from you, I want to hear your own experience. I shared mine today; I want to hear from what you have to say. We can have a discussion with regards to willpower.