



INSPIRE
wellness & nutrition

Does
Willpower
Work?

What is willpower?


- According to most psychological scientists, **willpower** can be defined as: The ability to delay gratification, resisting short-term temptations in order to meet long-term goals. The capacity to override an unwanted thought, feeling, or impulse (apa.org).



We all know the drill...

- That amazing healthy lifestyle plan we were going to stick to
- The solemn resolution to exercise 3 x/week, eat nothing but fruits and vegetables, and lose that extra weight that's been bothering you for years
- It starts off well enough
- You begin with energy and optimism
- But then it gets tricky... life happens... you find yourself back where you started
- You beat yourself up; you have no willpower; you've failed

According to organizational psychologist Benjamin Hardy, "Willpower is nothing more than a dangerous fad that's bound to lead to failure."



So if willpower doesn't help us to achieve our goals, what does?


A dense forest of birch trees with vibrant yellow autumn foliage. The trees are tall and slender, with white bark and dark horizontal lenticels. The leaves are a bright, golden-yellow color, creating a warm and inviting atmosphere. The forest floor is covered in fallen leaves and low-lying vegetation, also in shades of yellow and green. The overall scene is a beautiful representation of a healthy, thriving ecosystem.

“Change your life by
changing the journey”

INTERNATIONAL BESTSELLER

“Deceptively simple but remarkably effective.”
—BJ FOGG, author of *Tiny Habits*

FEEL BETTER IN 5



30-plus
5-minute tips
to lose weight,
improve sleep &
move more

Your Daily Plan to Feel Great for Life

DR. RANGAN CHATTERJEE

A new way of looking at making positive change

- Look at health as our *journey*... not our *destination*
- Examples: finding the “root cause” of symptoms, not just covering up with medications
- We tend to focus on what we want to become... not who we are along the way
- A real health journey is made up of thousands of tiny steps

Feel Better in 5 Method



- Introduce three small 5-minute practices each day – 5 days/week
- “Health Snacks”
- Each health snack will focus on a different aspect of health: Mind, Body, and Heart

Can 5-minute changes actually do any good?



- What if you were told to do the opposite...
- The small, regular, daily steps will have the most long-term impact
- It's about the journey!

Tips for making changes that stick (Feel Better in 5, Dr. Rangan Chatterjee)



Start Easy

- Baby steps – only 5 minutes
- Flossing example
- Little mental or physical effort – the easier you make a behavior, the less motivation you need to complete it
- Balance of ease, simplicity, and effectiveness





Connect each “snack” to an existing habit

- Latest research by BJ Fogg, founder and director of Behavior Design Lab at Stanford University
- Connect new habits to existing habits
- Examples:
 - flossing after brushing teeth
 - Workout or journal while coffee is brewing in the morning
 - Prep some veggies for dinner before you make your lunch



Respect your rhythm

“The important thing is that you do what feels right for you when it feels right. Feel Better in 5 is a program that doesn’t force you to bend your life around its demands. It bends around your life.”

A close-up photograph of a dog, possibly a Saint Bernard, lying on a bed. The dog is partially covered by a light-colored, textured blanket, with only its head and front paws visible. The dog has a white face with dark brown patches around its eyes and ears. The background is softly blurred, showing a wooden headboard and a light-colored wall.

Design your environment

-
- We are extremely influenced by our environment
 - In the kitchen:
 - Leave a light dumbbell by the coffee maker, so you can exercise when coffee is brewing
 - Remove sugary snacks and processed foods from the pantry
 - Stock up on healthy snacks
 - In the bedroom:
 - Minimize light from shades/curtains (blackout curtains)
 - Don't bring your phone into the bedroom
 - Consider no tv in the bedroom
 - Make your bed everyday – a nice, inviting space to return to at the end of the day



Use positive self-talk

- You are your worst critic
- Talk to yourself gently – like a good friend
- Don't use words like “should” “need” or “I have to”
- Instead use words like “it would be great to...”; “I'll feel more energetic when I...”; “I'll feel calmer after I...”
- Be your own best friend

Celebrate your success

- The latest science shows it is essential to celebrate every single time you make a step along the journey
- Make it visual – with a chart, or beans in a jar





Ready to get started?

- Chose your “health snacks” for the coming week
 - Mind
 - Body
 - Heart
- Each should be 5 minutes – or less – to start
- Choose something easy and simple – but important for your journey
- Enjoy the journey!

Recipe of the week – 5 Minute Green Smoothie

Adapted from IFM Build a Better Smoothie, 2018





Ingredients:

- ½ cup frozen fruit (blueberries, strawberries, mixed berries, banana)
- 1 - 2 cups greens (spinach, kale, arugula, chard)
- ¼ avocado (optional)
- 2 Tbsp protein (protein powder, nut butter, whole oats soaked overnight, yogurt, kefir)
- 1 – 2 Tbsp ground flaxseed, chia seed, or both
- Other vegetables as desired (cucumber, zucchini, beet)
- ½ - 1 cup Base liquid (unsweetened almond milk, oat milk, herbal tea, filtered water)

Put all ingredients in blender, mix until thick and creamy, adding liquid to reach desired consistency. Enjoy!