2F (iii): 8-DAY PATIENCE & DISCIPLINE CHALLENGE

8

MAXIMISING **WILLPOWER**

Willpower depletes throughout the day, but when have you ever consistently checked your willpower level? Probably never. We tend to only recognise when we are full (10) and empty (0). Your willpower should be highest in the morning and lowest at the end of your day. However if you check your willpower more frequently, you find that when you are between 9 and 3, you can maintain or 'top-up' your willpower with the right mental strategies. If you recognise this, you maximise your willpower, with a few simple checks to prevent yourself being unnecessarily drained.

10 - I'm full of positivity and cannot wait to get started
9 - I'm feeling great
8 - I have a high drive to get things done
7 - I'm in a good space
6 - I'm okay
5 - I'm not bad, I'm not great
4 - I'm losing focus
3 - I cannot be bothered
2 - I'm not feeling good about this
1 - I seriously have nothing
0 - Depleted



Check your willpower 45-minutes after you wake up and continue to check a couple of times in the day. Write in the number as the day progresses

2F (iii): MY 24-HOUR DAILY **ROUTINE** FOR THE 8-DAY CHALLENGE

(Write an activity you will do everyday at the same time to maintain your focus)

	WAKE UP (WRITE TIME HERE)
8am	
10am	
12pm	
2pm	
4pm	
6pm	
8pm	
10pm	
	GO TO SLEEP (WRITE TIME HERE)

2F (iii): 8-DAY PATIENCE & DISCIPLINE CHALLENGE



CAN YOU LEARN ENOUGH PATIENCE & **DISCIPLINE** TO WAIT?

Track your willpower, stay disciplined to your routine, keep the FOCUS of your goal in your mind constantly.

What will be your focus for the next 8 days until you can have your reward?

What strategies can you use to top up your willpower?

Write your END REWARD here

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

DAY 8

CAN YOU REPEAT FOR LONGER?

TICK THE DAYS OFF AS YOU COMPLETE YOUR NEW PLAN.

1-8 ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

9-16 ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐