

How to Build Willpower and Self-Discipline with Words

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By Jade Joddle

Hey guys! How to make your willpower strong with word power. Having strong willpower means that the things that you decide to do in your life, the goals that you decide upon, the things you want to achieve—when you have willpower, it means that these things happen and you achieve them and your life changes in those ways. But when you don't have willpower, then you just sort of float around like the breeze, like a leaf falling from the tree. You say you're going to do a lot of things, but they never happen.

So you might be the kind of person that says, "Yeah, I really should read more," and you talk about it in the sense that, "That's a good idea, and I'm going to do that, eventually, when I get the time." Or you might be the kind of person that says, "I'm eating too much bad food; I'm going to go on a diet." When you say you're going to do something, you delay that change to the future sometime—sometime in the future. You can just keep talking about how you're going to go on the diet, but, if you don't make changes in your life (how you eat, your behaviour), you're just going to stay exactly the same. And you're just going to keep talking about this thing that's going to happen in the future sometime, you don't know yet.

So people who don't have willpower always talk about the things that they are going to do to make their life better, but they never happen. So they never quit smoking; they never eat a healthier diet; they never start studying something new; they never complete a course of studies—because all the time the things that they say they're going to do just never ever happen, because they've got no willpower to back it up. They don't want the thing enough—well, maybe they want the thing, actually; I'm not sure about that—maybe they do want the thing, but they just haven't got the willpower to back it up.

So when you listen to people who say they're going to do stuff, if you've noticed a few times that they never do what they're going... If you've noticed it maybe—give them the benefit of the doubt—if they did it six times: they said they're going to do something, and it didn't happen. You can just really in most cases decide that that person's always going to be like that. They're probably not going to do any thing of the things they say they're going to do: those healthy life changes, for example—they're probably not going to do them, because they have no willpower.

So the starting-point of developing willpower is for your language to match your actions. Don't ever commit yourself to things that you're not going to do. So if you're not sure about doing something, let that be known. If somebody says, um, gets in touch with you, and they say, "Oh, I'm just starting this project, and thought you'd want to be involved...like, want to let you know, in case you want to be involved." If you're sure at that time that it's not really for you, then you just

have to...you have to say, "This is not really for me; I haven't got time for it; I'm not working on this at the moment." Just be straight up about it. Don't say, "Yeah, maybe, let's see in a few weeks."

Same things...same thing applies to any social situation. If somebody says, "Are you going to come to the blah blah blah thing that we're doing?" If you're not sure about going, then just say...either just say No, or say... If you're not sure, and still could go--maybe it's like sixty percent you will go—you can say, "Yeah, I might come, but I'm not sure yet; I'll have to let you know later." This is why the words 'might' and 'maybe' are very useful. But they must be used with integrity. When you really are in the state of thought where it's still a "might" or "maybe," don't say it as a polite No. You have to be... These words have to be used to match what you're feeling inside about the situation.

Don't agree to any deadline that you don't have the capacity to meet. Never be late...never be late for things, because you know you've got enough time to do it, and therefore you commit to it. If you are late for things and you miss deadlines, every time you do that, you're hitting a knock to your willpower and your ability to get things done.

So that's how it begins: getting your intentions to match the words you say. Drop out the bullshit that you're gonna do this, you're gonna do that, or, "Yes, I'm definitely gonna be there," but you're not really. Make the words match the intention. Don't commit to things that you know you're not gonna do, and every

time your word matches the action, and it happens, know that you're growing a tiny, tiny, tiny, tiny piece of willpower every single time.

And as you get stronger and stronger in willpower, the things that you're able to achieve are just gonna be happening... they're not gonna be happening...be happening easier, because you're still gonna put in effort, especially if it's something big: you have to put in a lot of effort. But you can trust yourself that you will do the thing that you said you were going to do, or achieve the thing you said you're going to achieve. There's no question about it, 'cause your willpower is so strong, and everything you say you're going to do happens.

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