

Will willpower and action lead you to success?

The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack of will. - Vince Lombardi

Despite what you may see on the television or any glossy magazine, willpower is still and always will be an important aspect of self discipline. Stop smoking campaigns that tell us we need to use some gum or patches to beat the habit are right to an extent. If one does not have the willpower to want to stop, nothing will work. Take people on diets, the diet doesn't work unless they have the willpower. To be successful, to be rich or to be wealthy also requires of you, willpower and action. I liken willpower to the Suit of Wands in a Tarot pack. The wands represent fire; they stand for willpower, energy, self assertion, productivity and growth. Do you know that the realm of the Suite of Wands involves our intentions and our actions among other things, the Suite of Wands also relates to intuition and self confidence. If in your quest for success you incur a slight bump in willpower then there is a need for immediate actions to be put into practice. Action and willpower could be likened to your heart and lungs, they need each other to survive. Whilst willpower is the first requirement leading to action, action in turn has the ability to increase your willpower. Spend time increasing your knowledge, find some quiet time morning or night and do the reading relating to making you a more valuable person whether it be for your job, your goals or the career you wish to pursue, the knowledge is important, the willpower to gain the knowledge is more important. Use this new knowledge to expand your thinking and increase the possibilities for success that await you. Exercise, a healthy nutritional intake and an adequate intake of water are also important in gaining knowledge. The exercise increases oxygen exchange, the nutrition increases the capacity of our cells to function effectively, water is necessary to maintain life. All together they make our brain more alert to take in what we are reading or listening to. To have adequate exercise requires willpower, to maintain a healthy lifestyle with adequate water intake and sound nutrition also requires willpower. Take Action on all of the above and you will develop more control over your thoughts. Control your thoughts and conquer the pathway of success.

About the Author

NutriSystem Nourish weight loss programs are based on the Glycemic Index. Lose weight with nearly 120 delicious foods all rich in good carbs, yet still low.

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