

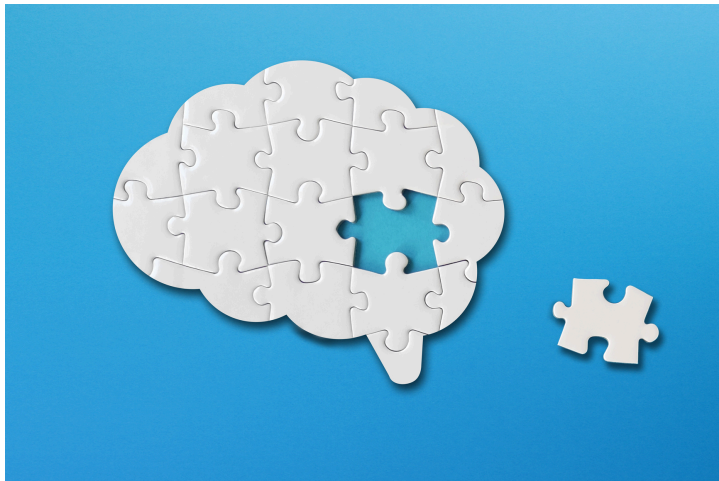
Healthy Habits Newsletter



June 2024

In this month's newsletter, I look at how you can build your willpower and motivation.

HARNESSING THE POWER OF THE BRAIN: A PATHWAY TO ENHANCED WILLPOWER AND MOTIVATION



In brief

- Action precedes motivation
- We can train our willpower and motivation

In detail

As many of you know, I have certifications in neuroscience, life coaching, and hypnotherapy, and one of the things that clients often talk to me about is their perceived lack of willpower and motivation, which prompted me to share some insights into how our brains can be trained to boost our willpower and resilience.

The Role of the aMCC

A part of our brain called the anterior mid-cingulate cortex (aMCC) is a key player in how we handle challenging tasks and manage discomfort. It becomes activated when we push ourselves to do things we might not feel motivated to do initially—like getting out of a warm bed on a cold day to exercise. Each time we face and overcome these small challenges, we stimulate and strengthen the aMCC. This activation helps us develop neural pathways that enhance our capacity for willpower and support sustained motivation.



The Science Behind Strengthening the aMCC

Willpower is not just a personality trait or a limited resource; it is more like a muscle that can be strengthened with regular exercise. The aMCC plays a crucial role in this process. When we consistently engage in tasks that challenge us, we build mental resilience. This neural development enables us to manage discomfort, stay focused on our goals, and maintain motivation over time.

Applying This Knowledge

Understanding the role of the aMCC in developing willpower and resilience can have profound implications for personal and professional growth. Here are some practical ways to integrate this knowledge into your daily life:

1. **Start with Small Challenges:** Begin with manageable tasks that push you slightly out of your comfort zone. This could be waking up 15 minutes earlier than usual, taking a cold shower, or dedicating 10 minutes to a challenging project at work.
2. **Consistency is Key:** Make it a habit to regularly engage in these challenging activities. Consistency will help reinforce the neural pathways in the aMCC, making it easier to handle bigger challenges over time.
3. **Embrace Discomfort:** Instead of avoiding tasks that seem difficult or unpleasant, view them as opportunities to strengthen your aMCC. This shift in perspective can transform your approach to challenges, making them feel more like opportunities for growth.
4. **Reflect on Your Progress:** Take time to reflect on the progress you have made. Acknowledge the small victories and understand that each step forward, no matter how small, contributes to the development of your willpower and resilience.

Real-Life Applications

Imagine the impact of enhanced willpower and resilience on your life. Whether it's pursuing a new career goal, maintaining a healthy lifestyle, or simply managing daily stressors more effectively, a stronger aMCC can be a game-changer. As you continue to challenge yourself and build these neural pathways, you will likely notice an increase in your ability to stay focused, motivated, and resilient in the face of adversity.

WHAT'S IN SEASON



Eating in season makes sense as produce will generally be cheaper and also taste great!
Here are a few fruits and vegetables that are in season in Australia right now.

FRUIT

Apples
Grapefruit
Kiwifruit
Mandarins
Nashi
Oranges
Pears
Pomelo
Rhubarb

VEGETABLES

Avocado
Broccoli
Brussels sprouts
Cabbage
Cauliflower
Celeriac
Fennel
Parsnips
Turnips



HELPING BUSY PEOPLE LOOK, FEEL, AND PERFORM AT THEIR BEST

About me

I'm a wellness transformation coach, hypnotherapist, corporate trainer, and creator of the DARE Model, a four-part system that helps individuals create healthy habits that stick. The DARE model forms the basis of my first published book, DARE to be Awesome: How to Create the Life of Your Dreams One Habit at a Time.

I now help busy people implement healthy habits so they can look, feel, and perform at their best.

I specialise in helping people with:

- losing weight using the Virtual Gastric Band hypnosis technique
- stopping smoking and vaping
- stopping or reducing alcohol consumption
- pain management
- sports performance
- business performance

About my book

I created the DARE model to help people easily set up healthy habits that stick.

DARE stands for Desire, Accountability, Reward, and Environment.

The DARE model forms the basis of my first published book, DARE to be Awesome: How to Create the Life of Your Dreams One Habit at a Time.

Work with me

Contact me if you would you like to know more about how I can help you reach your wellness goals.



info@deematlok.com



+61 412 03 2225



www.deematlok.com