

TRUE G.R.O.W.T.H.

MOTIVATE. INSPIRE. GROW.

WILLPOWER TO CHANGE

As rational human beings we can easily become intimidated by the thought of change. We become comfortable with what we know and that often leads to complacency in the continuation of what comes easy to us. For most of us, the thought of taking risks to explore anything new can be challenging and anxiety producing. That is where the fourth principle of TRUE G.R.O.W.T.H. takes over; *willpower for change*.

Willpower for change refers to the internal strength it requires to make the needed changes we identify in our lives. Most of us can honestly admit that we know our lives would change forever *if only* we were willing to embrace some variation of needed change. Whether that is regarding the actions we take (or don't take) in our day, the people we surround ourselves with, the way we chose to spend our time, our diets, exercise etc. We know the areas of our lives that could use improvement and may be currently holding us back from personal growth, but we allow fear to hold us back.

This is hard to admit because it requires us to be humble enough to identify that we are not perfect. It means we understand that there are parts of ourselves that are flawed in nature with room for improvement. Even when we are cruising through life, we must be willing to identify areas of continued improvement if we desire to maintain that momentum. Change comes easier when we have no choice, but, unfortunately, that is often not the case. The challenge lies in the choice. This can be what forces us out of our comfort zone. *Willpower* is the strength we need to make choices that we know are in our best interest despite the short-term difficulties that may present. It's what gets us through the rough patches because we know it's what helps us grow.

That is how we break through our own personal thresholds and achieve new heights. Continued pursuit of a better version of ourselves, even when we feel we have reached our peak. It's not easy or we would have done it long ago.

This also requires the ability to provide ourselves with praise and self-encouragement along the way. Self-appreciation is how we replenish our **willpower for change** and TRUE G.R.O.W.T.H. It is critical that we take a moment to appreciate how far we've come.

However, change is only temporary if we do it for the wrong reasons. If we change in attempts to please others, it will only last so long. True change comes from deep within for the right reasons that are self-determined.

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