

WHAT SECRET HIDES THE LACK OF WILL?

How many times have we found feeling unwillingness to certain challenges that life demands of us? These are the two strategies to follow, without distractions, to defeat this enemy of learning and success.

I see the lack of will as an enemy mood causing undesirable results as:

- * Failure to achieve or get what you want.
- * The feeling of discouragement and demotivation and paralysis they cause.
- * Increased confidence in yourself.

We could group these consequences in a word that reflects what suffers most in your insights, your self-esteem.

"Why bother doing something if you do not know what I want?"

"Why bother to offer me something if I know then I will not be able to do?"

"Why try if I have this way of being little willful?"

Immersed in this circle for you linguistic unconscious (until today), do you feel you turning increasingly disconnecting you from your dreams, living adrift and without direction.

There is a valuable treasure that masks this behavior inactive. The secret lies beneath the mood of the lack of will reside in your thoughts.

Why do you think I consider it a treasure? Because that's where you have to intervene to escape the crippling behavior. The thoughts in your mind, sometimes called from the coaching "internal discussions" are those that trigger the mood that you let it take over your being.

The mood of unwillingness is usually based on a particular language is set in your mind, which may originate from two different inner dialogues that act on a recurring basis, in formats such as:

Dialogue 1: "What I do now or what I do, I do not like, not what I do."

"What I" = "The life I lead" = "My Reality", etc.

Results: Mood of lack of will, laziness, laziness. Looking for any excuse not to take charge of what we must face. You do not, over time, you feel guilty about your lack of responsibility. This cycle continues over and over again resenting draining your energy and your self-esteem.

Dialogue 2: "I have clear my goals and dreams. What I do and I have now is what I want, but I was discouraged in the way because I doubt myself. I feel fear that paralyzed me. I have fear of failure, then I'm fooling and put off. "

Results: Mood of lack of will, laziness, laziness. These thoughts are masked under the guise of "I have no willpower" or "I'm not a willful or disciplined." As is self-awarded in you the label of "I'm not a willful or disciplined person," the result is inaction, which continues to fuel the vicious cycle of your low esteem.

Here are two powerful groups of questions I propose to confront the enemy of the lack of will.

I looked in the RAE www.rae.es the meaning of the word will. I share with you the meaning that I really liked:

1. f. Power to decide and manage their own behavior.
4. f. Election of something without precept or external stimulus that compels it.
5. f. Intent, spirit or determination to do something.


Remember: You have the power to decide on your actions.

Faces triggers thoughts of this lack of will and make it come from inside you, to assert your right to decide and manage your own behavior, your free will and especially with the wonderful power that lies within you, your power of choice. Use it! And...

What is your will ...

Written by: Ana Vera. Adaptation: Victoria Andrea Muñoz Serra.

REFERENCE OF THIS TEXT

 *What Secret Hides The Lack Of Will?*, Muñoz Serra, Victoria Andrea, website: Victoria Andrea Muñoz Serra (http://www.victoria-andrea-munoz-serra.com/coaching_integral_ingles.html), Concepción, Chile, March 2012.