

A man in a white t-shirt is shown in profile, looking out over a vast, hazy landscape under a sunset sky. The text 'THE WILLPOWER CODE' is overlaid on the left side of the image.

THE  
WILLPOWER  
CODE

## THE WILLPOWER CODE

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## COURSE INTRODUCTION



Self-control is required to resist unhealthy urges. Temptations that could lead to instant gratification and long-term regret can appear without notice. They're all around us. If you can act responsibly in those situations, temptations are powerless.

You also need a strong will to follow through on an action plan. It's necessary for achieving short-term and long-term goals. You must follow your plan consistently, which may require rock-solid willpower.

This course will help you develop that flawless willpower. Once completed, you will be confident that you have the willpower to do whatever is required for personal and professional growth.

Let's take a closer look at each module in the course.

**Module 1:** The Fundamentals of Willpower examines cultural and historical views on human self-control. We dig deep into the human brain. There are regions of your brain that dictate your actions, neurochemicals that reward self-control, and psychological theories that attempt to explain willpower.

**Module 2:** Strengthening and Improving Willpower gives you techniques and strategies for creating willpower. You will learn the physical and mental factors that influence your level of self-control. This module closes with exploring how mindfulness and meditation can strengthen your will.

**Module 3:** Willpower in Action teaches techniques for practicing willpower daily. It can be used to break bad habits and adopt healthier behaviors. We'll discuss the social and emotional aspects of practicing self-control and some situations you may face.

**Module 4:** Challenges and Sustainability explores how willpower can be depleted. We share some proven methods for maintaining willpower over the long term. The course closes with self-reflection on willpower's role in your life moving forward.

Your path to developing willpower starts now.