

MASTERING WILLPOWER



Your New Vegan Lifestyle

Mastering Willpower

The 7 Core

"Improving willpower is the smartest way to a better life"

Roy Baumeister

- 1. Meditate**
- 2. 100% Commitment**
- 3. One day; Today only**
- 4. Eat**
- 5. Sleep**
- 6. Exercise**
- 7. Breathe**

Surfing the Urge

One of the best ways to effectively overcome a craving is to explore the urge. The term used for this method is called "Surfing the Urge". The urge is ridden and like an ocean wave it builds intensity, but ultimately crashes and dissolves. Surfing the urge allows you to accept your feelings through logic and reason. It eliminates the anxiety that leads to irrational uncontrolled reaction. This is one of the most powerful methods that you can use. So next time you have a craving, don't build

anxiety by beating it up or fighting. What you resist or fight will persist. Instead, calmly, invite it in and accept it. It's almost as if you are inviting it in for a conversation and you are analyzing all of its traits from a rational and logical standpoint. It's highly effective.

Steps in Surfing the Urge

1. **Notice** - Become mindful that you are having a craving. Identify it as a craving and become aware that it is happening.
2. **Accept** - Invite the feeling of craving in as if you are self analyzing your own feelings and thoughts. This is like having a conversation with the craving. Don't judge it or suppress it. Instead examine all its traits and your feelings and thoughts. Examples are: "I am feeling anxious" "I am feeling like my self-control is weakening" "I am nervous" "I have a strong urge to do_____(fill in the blank)" Explore what you are feeling and what you are sensing physically.
3. **Realize** - Realize these thoughts and feelings are **OK** to have and now always controllable, but that YOU can choose to not react to them.
4. **Affirm** - Remember your values and goals as to why you are doing this challenge. These values could be to have self control and not allow something to weaken you or take away your freedom to do what you wish you could. Remind yourself of your values to be healthier and to be a stronger better version of yourself.