

WILLPOWER FROM SCRATCH



Start over, steal the system elite performers use
and create your own remarkable results

From the creator of "Ideas Worth Stealing"

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People don't fail

systems do.

Big Idea #1

The surprising ability to learn anything new regardless of age (Day 1)

Lesson #1: Spending money does not change behaviour

Lesson #2: Eureka moments don't immediately

Lesson #3: Death to the character flaw theory

Big Idea #2

Understanding the incredible power of small consistent actions (Day 2)

Lesson #1: Focus on behaviours not outcomes

Lesson #2: The power of small

Lesson #3: Practice consistency over an extended period of time

Big Idea #3

The importance of systems so you can get out of your own head (Day 3)

Lesson #1: Here is what happens inside your brain

Lesson #2: The power of creating a rumble strip

Lesson #3: The 5 habits for willpower success

Big Idea #4

You can't solve anything until you learn to pinpoint the problem (Day 4)

Lesson #1: Be more generous

Lesson #2: Pinpoint the problem

Lesson #3: What is it you are not seeing?

Big Idea #5

Determine in advance what desired outcome you are hoping to achieve (Day 5)

Lesson #1: Focus on behaviours not outcomes

Lesson #2: The power of small

Lesson #3: Practice consistency over an extended period of time

Big Idea #6

Find creative means to shape your behaviour so you do what must (Day 6)

Lesson #1: Create thought out boundaries

Lesson #2: Manufacture awareness

Lesson #3: Write a manifesto



Big Idea #7

Identify those delicate hotspots that throw you off your game (Day 7)

Lesson #1: Past failures are indicators of hot spots

Lesson #2: Predict the future

Lesson #3: Do your homework

Big Idea #8

The incredible power of a simple checklist to enhance willpower (Day 8)

Lesson #1: Do the dumb things

Lesson #2: Consistency

Lesson #3: Script the critical moves

Big Idea #9

Create your own playbook (Think of it like a manual on you) (Day 9)

Lesson #1: Create your own luck

Lesson #2: Get sticky with it

Lesson #3: Leverage muscle memory



Big
Idea #10

Leverage the remarkable power of visualization (Day 10)

Lesson #1: Envision the perfect scenario

Lesson #2: Create your vision

Big
Idea #11

Practice in an environment that mirrors real life (Day 11)

Lesson #1: Steal from Seinfeld

Lesson #2: Practice Deliberately

Lesson #3: Keep it real

Big
Idea #12

Focus on specifics whenever possible (Day 12)

Lesson #1: Prepare for the unexpected

Lesson #2: Create a SMaC List

Lesson #3: Small stuff matters



Big Idea #13

Drop the prescription mindset and adopt a principle based one (Day 13)

Lesson #1: Lead don't follow

Lesson #2: Steal principles, not prescriptions

Lesson #3: Create a powerful why

Big Idea #14

Avoid extreme solutions like the freaking plague (Day 14)

Lesson #1: Beware the extreme deception

Lesson #2: Beware the runaway effect

Lesson #3: It takes a demanding toll

Big Idea #15

The importance of manufacturing courage on this journey (Day 15)

Lesson #1: Observe. Embrace. Demand more.

Lesson #2: Practice Transparency

Lesson #3: Lean in. Don't lean on.



Big
Idea #16

**Regardless of the results you obtain
always evaluate the outcome (Day 16)**

Lesson #1: Stop interpreting result

Lesson #2: Perform an autopsy

Big
Idea #17

**It is not failure when you learn valuable
lessons (Day 17)**

Lesson #1: Adopt empirical knowledge

Lesson #2: Look for bright spots

Lesson #3: Look for blind spots

Big
Idea #18

**Always be looking to expand the set
of skills that you possess (Day 18)**

Lesson #1: Keep a log

Lesson #2: Practice expressive writing

Lesson #3: Update your playbook





The 12 most common pitfalls to avoid (Day 19)

Common Pitfall #1: Taking no action

Common Pitfall #2: Mistaking learning for action

Common Pitfall #3: Adopting a one and done approach

Common Pitfall #4: Getting overwhelmed with the sheer volume of ideas and possibilities

Common Pitfall #5: Overestimating the power of memory

Common Pitfall #6: Underestimating the power of consistency

Common Pitfall #7: Unable to see the bigger picture

Common Pitfall #8: Quitting the things that lead to success in the first place

Common Pitfall #9: Adopting behaviors that are not sustainable long term

Common Pitfall #10: Failing to recover

Common Pitfall #11: Stopping the data collection process

Common Pitfall #12: Trying to go this journey alone



The art of possibility that exists when you master this process (Day 20)

- Possibility #1: Recapturing that trust in yourself
- Possibility #2: Seeing the immense power of the system
- Possibility #3: Being in control of your life
- Possibility #4: Creating incredible self-awareness
- Possibility #5: Increasing self-compassion
- Possibility #6: Increasing your confidence
- Possibility #7: Mastering consistency
- Possibility #8: Continuing to manufacture courage
- Possibility #9: Daring greatly

THE END! :-)



