

*People don't fail systems do.*

# WILLPOWER FROM SCRATCH



## The Course Completion Checklist

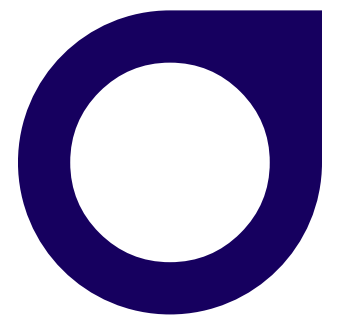
From the creator of "Ideas Worth Stealing"

**DEAN DWYER**

[www.deandwyer.com](http://www.deandwyer.com)

## Intro

The truth about those things you think are character flaws.



## Big

Idea #1

The surprising ability to learn anything new regardless of age



## Big

Idea #2

Understanding the incredible power of small consistent actions



## Big

Idea #3

The importance of systems so you can get out of your own head



## Big

Idea #4

You can't solve anything until you learn to pinpoint the problem



## Big

Idea #5

Determine in advance what desired outcome you are hoping to achieve



## Big

Idea #6

Find creative means to shape your behaviour so you do what must



## Big

Idea #7

Identify those delicate hotspots that throw you off your game



## Big

Idea #8

The incredible power of a simple checklist to enhance willpower



## Big

Idea #9

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



## Big

Idea #10

Leverage the remarkable power of visualization





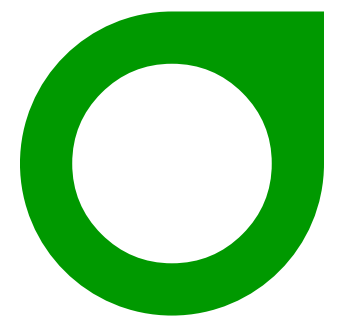
**Practice in an environment that mirrors real life**



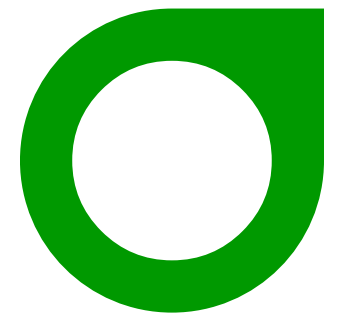
**Focus on specifics whenever possible**



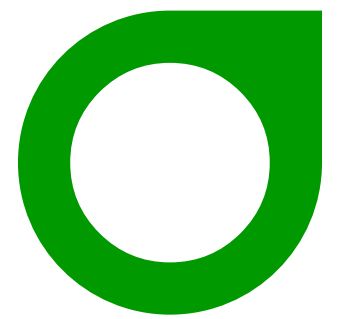
**Drop the prescription mindset and adopt a principle based one**



**Avoid extreme solutions like the freaking plague**



**The importance of manufacturing courage on this journey**



**Regardless of the results you obtain always evaluate the outcome**



**It is not failure when you learn valuable lessons**



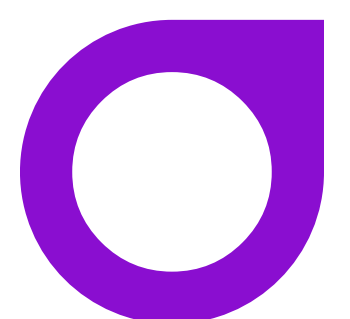
**Always be looking to expand the set of skills that you possess**



**The 12 most common pitfalls to avoid**



**The art of possibility that exists when you master this process**



*Congratulations!*  
*You have completed the entire course.*