

Will Power is Recyclable!

Everyone is faced with obstacles, challenges and battles at some point in their life. It's during these moments that our character is defined, while we're prepped for eventual and similar episodes that lie ahead. With each occurrence, something is gained and lost and when the lesson to be taught is missed, we unfortunately have to repeat a particular course in life. If nothing is learned the second time around, this course will be visited again and again. What makes us stand after we've been knocked down during the battle? When the urge to give up and accept our failures appears sensible, why do we carry on? I believe the reason why we're so resilient is because of **'Will Power'** and our ability to regenerate it.

Not to be mistaken as just bravery and toughness, **Will Power** is the driving force that all thoughts depend on to evolve into effort. When someone who smokes cigarettes wants to quit, besides any other prescribed drug or medicine, their will to quit must be acknowledged first. This means searching for something within us that makes you want to win. When a dieter has committed to eating healthy in order to achieve a specific weight and a overall positive state of health, without **Will Power** the battle is twice as hard. It takes **Will Power** to refrain from indulging in the things of which we've been delivered from.

I've adopted a practice of recycling my **Will Power**. I recall giving my all in tough situations because I understood that victory required a will to succeed. The stages of my life has demanded more and more will. Some people say their is will is weak. With reason, my will remains strong because once a standard was set, I return to this point when necessary. Some people may tell you to dig deep, perhaps to find an inner strength that will pull you through. This is the same as recycling your will that helped you overcome something previously.

Recycling your **Will Power** means remembering where you were, at the point of your last victory so that when a tough moment arises you're ready to go. Even as we fail, regenerate everything you gave and apply this again. Quite often we forget about where we come from and never go back there unless we're forced to. The benefits of never going back means that we have made it, but if fate takes us back there, and if our will is weak, we'll probably stay there. A winning mentality is developed with persistence and might, and the will to win!

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