

The Willpower Instinct Meditation Book Group Meeting 3  
Saturday, April 21, 2012

*Welcome to our exploration of movement, meditation & Kelly McGonigal's The Willpower Instinct.*

*Visit my web-site: <http://dharmaworks.net/DharmaTouch/> to review a summary of what we cover in each class, find the homework suggestions and other resources you might find helpful. The following outline is a list of suggested homework. Please try to realize the benefits of building your awareness and willpower by practicing some or all of these steps every day.*

1. Homework Suggestions

- a. Get the sleep and rest you need*
- b. Meditate for 5-10 minutes in the morning & evening*
- c. Observe how your inner voice affects how you feel and what you choose to do*
- d. Reflect and journal about this week's explorations under the microscope & try some or all of the exercises concerning your willpower challenge in Chapter 3 & 4.*
- e. Reading Chapters 4 & 5*

2. Self Reflection Investigations & Exercises: Chapters 3 & 4

- a. Kelly suggests that we nourish ourselves with foods that provide lasting energy. Notice whether you are willing to care for yourself by pausing and planning nutritional choices. (Ch. 3)*
- b. Kelly suggests building our willpower muscles with willpower workouts. Use "I Will", "I Won't" or Self Monitoring practices to build your willpower strength. (Ch. 3) Can you pause and plan activities that truly restore and renew. Can you find some way to create small moments of restoration – just a short round of slow breathing either in the midst of business or after a bout of stress.*
- c. If you practice moral licensing – try to revoke your license by remembering the why of your willpower challenge forget about considering whether you "deserve" a reward. (Ch. 4)*

d. *To avoid self-sabotaging optimism try to reduce the variability of your behavior each day. Don't kid yourself into believing you'll have more time in the future to do what you chose not to do today. (Ch. 4)*

3. Extra Credit

a. *Watch Kelly's 13 minute presentation on The Power of Compassion:*

<http://kellymcgonigal.com/2011/12/01/the-power-of-self-compassion/>

b. *Watch Dr. James Doty's 10 minute TEDx Talk about his own experience with adversity and kindness:*

<http://tedxtalks.ted.com/video/TEDxGoldenGateED-James-Doty-2>

c. *Read some or all of Dr. Rolf Sovik's articles about the yoga anatomy of mind:*

<http://www.himalayaninstitute.org/yoga-international-magazine/meditation-articles/anatomy-of-the-mind/>

<http://www.himalayaninstitute.org/yoga-international-magazine/meditation-articles/mastering-your-mind/>

<http://www.himalayaninstitute.org/yoga-international-magazine/meditation-articles/uncovering-the-unconscious/>

<http://www.himalayaninstitute.org/yoga-international-magazine/meditation-articles/the-enlightened-ego/>