

LADYLIKE FOUNDATION 2016 ANNUAL WOMEN OF EXCELLENCE AWARDS GALA



Pictured: Marilyn Booker, Mei Brown, Leah Pump and Kelly Rowland

The Beverly Hilton Hotel luncheon honored Recording artist/actress Kelly Rowland; Recording artist/TV personality Mei Brown; Sports Spectacular's Executive Director Beth Moskoltz; Morgan Stanley's Managing Director Urban Markets Marilyn Booker; Entrepreneur/Philanthropist Tonya Winfield. MC for the event was Holly Robinson-Peete and LadyLike Foundation President/CEO Leah Pump served as announcer of the honorees. Funds raised enable LadyLike Foundation to give scholarships to college bound young ladies from the inner city of Los Angeles.

increase willpower

Merilee Kern

Rotten Resolve Can Hurt You

3 Ways To Develop Better Self-Discipline And Control Through Practice, Progression And Patience.

Willpower. We all want it. We all need it.

Many of us don't have what it takes to stay resolute and determined when things gets tough. Maintaining self-control/self-discipline when facing challenges at work, home, or aspiring toward ambitious future goals, can be the most difficult life skills to manage and master, but the most impactful. The significance of having low willpower cannot be overstated, since lack of mental strength and fortitude adversely affects nearly every aspect of our lives and how we are perceived by others in levels of failure and success in the workplace; leadership; home and parenting; reliability, promptness, health; managing compulsions, impulses, addictions, bad habits; and trials/tribulations.

Life Without Willpower Paints An Ominous Picture

Although the process to developing willpower may seem impossible, taking the steps to develop and maintain a strong will and self-discipline is life changing. I connected with the author of "Life Rehab: Don't Overdose on Pain, People and Power," Kanika Toliver, a Certified Professional Coach who helps individuals realize career, business, life and spiritual success. She offered an insightful 3-step exercise to help individuals develop better willpower through practice, progression, and patience.

PRACTICE: Everyone has weaknesses that undermine our happiness and success. Brainstorm as many weaknesses as you can and write them down. Identifying them on paper initiates the process of acknowledgement and acceptance, and produces a cathartic sense of awareness and urgency. Rather than a piece of paper, invest in a simple journal to keep an ongoing log of your flaws and faults that are working against you. Identify people and aspects of your life that challenge your willpower... your job, food, alcohol, television, the gym, etc. A running log reminds you of what you want to improve. Start the list with the important or impactful. For each weakness, set



small incremental goals. Unrealistic goals can lead to disappointment, self-sabotage and self-doubt as each undercuts your goals. Reward yourself for even the smallest victories along the journey and revel in each achievement.

PROGRESSION: Once you know what you need to "fix" write down your daily progress — wins, losses and challenges. You will be able to analyze the "data" and discern patterns, such as where you fell short, what circumstances you remained steadfast, what made you uncomfortable (and which way that ultimately swung). This exposes ways to better apply willpower and manage situations to your benefit. Progression requires hard work and honest self-evaluation. Surround yourself with people who have experience, and overcame the same struggles.

Associating with people who give good, proven advice and validate it with personal insights is priceless. A great strategy is to find an "accountability partner," support group, mentor or professional coach who can provide a valuable, objective perspective to help guide and advise you.

PATIENCE: A virtue too few of us have, but if you exercise patience, it can vastly strengthen your willpower. In fact, the two are intertwined. When our culture of instant gratification does not deliver we get disappointed, which can lead to "giving up" or "giving in" — both are enemies of willpower. It's difficult to practice a new habit with an impatient mind-set, so know in advance that every day may not be positive or deliver results you seek, but practice, progression and patience will ultimately enhance your self-control. Most people spend years repeating bad habits and mistakes. You can choose small changes that lead to big changes that lead to life-changing transformations.

With motivation and effort you are on your way to winning the willpower game. Cultivating mental fortitude is not a luxury, it's a critical key to promoting positive change, maintaining favorable habits, and bolstering your drive to achieve in all aspects of life. Carpe diem! ■

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