

Kavit Haria

Blog Postings Referencing the Concepts of Dr. Topher Morrison



Imagination and Willpower

Posted January 26, 2007

In his book “Settle For Excellence”, Topher Morrison says that there are two main reasons people behave the way they do - based on one’s willpower and their imagination. The interesting thing I found is that his research shows that most people feel that willpower is stronger than imagination, when in fact, it isn’t.

Most people say that what got them to the gym, to eat healthily, to go for that morning run and so forth was willpower. Topher says the major factor is actually imagination.

For me, when I get up at 5.45 am for my morning walk, sometimes I feel so warm and cuddly in bed (imagination) that I don’t want to go. But of course, I can think otherwise and realise that my daily walk builds momentum for greater health in a few years and what will happen - pain - if I don’t do it (another imagination). Willpower has no place in this thought pattern.

Realise that when your willpower is down, you can IMAGINE things that motivate you to pleasure and things that motivate you away from pain. This will most likely get you up and going.

Start to use your imagination a bit more and don’t rely on your willpower. If your willpower battery dies, use your imagination to leverage the pain and pleasure concept.

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Kavit Haria Weblog

Kavit Haria is regarded as UK’s #1 Music Success Coach, a public speaker and coach who helps musicians have more successful careers and live more fulfilled lives.

As an established musician, Kavit has played with many top name musicians in a wide variety of genres throughout his career.

In line with his deep interest in personal development, inspired by Wayne Dyer, Tony Robbins, Topher Morrison, Deepak Chopra, Robert Kiyosaki and others, Kavit is a certified and licensed NLP practitioner and Time Line therapist.

As a sought after coach and the founder and current C.E.O. of Inner Rhythm, Kavit has combined accelerated learning and results psychology with the music business in order to coach musicians around the world and speak to audiences in the UK about music marketing and the psychology of music success.

Kavit is the creator of the “10 Steps to Create Worldwide Buzz” system.

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