The Science of Self Control

“Learn how to get yourself to do what you know you should and stop doing what you know you shouldn’t.”

Welcome to the Self Control Movement!
Life Success

Your level of life success is NOT determined by what you have but by how you feel about yourself and your relationships.

Your level of life success is determined by your character and your contribution.
Life Success

Your character and contribution are determined by your actions which are determined by your level of self control and integrity.

Your level of life success is determined by your ability to make choices that enrich your own life and the lives of those in your community.
Beliefs: Our paradigms, the programs or operating systems that run our brains.

Beliefs are not innate, they are formed, often during childhood from figures of authority.

Beliefs are the subconscious operating systems of our minds.

Beliefs are the **MAPS** for our life journey.
The Other Half of the Battle

If you think about it you will realize that, although you certainly have lots to learn, your quality of life is really much more limited by your ability to consistently behave according to what you already know.
The Great Paradox of Human Behavior

Identifying the right choice is really very simple most of the time – we can all think of things we know we should do that we don’t and things we know we shouldn’t do that we do.
The Great Paradox of Human Behavior

The ironic and paradoxical truth is that we are virtually always our own greatest obstacles when it comes to expressing our potential for life success.

We don’t actually have pianos tied to our bottoms and there are better food and attitude and thought and communication options available to us virtually every time we make a poor choice.
Cost:Benefit Analysis - How Our Brains Choose

We choose according to our subconscious beliefs about acute pleasure not our knowledge about long term costs and benefits regarding our level of life success (or health etc).
The Self Control Movement

Repetition is key. Do this for 30 days IN A ROW and you will be well on your way to developing a new belief system about this behavior.

Each time you read this accurate cost:benefit analysis you are developing your new belief system and integrity; you are developing the subconscious desire to seek the healthy behavior and the subconscious desire to avoid the unhealthy behavior.
The Self Control Movement

Each time you read this at the moment of decision you will increase your ability to practice self control.

Eventually this will become your new belief system and your new subconscious habit – this is when you have developed integrity regarding this behavior.
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You can use this for ANY behavior choice or belief system.

Welcome to the practice field for the development of the required skills for LIFE SUCCESS!

Welcome to the SELF CONTROL MOVEMENT!