

# THE DAWAY TRANSFORMATION

Part 3: The science of motivation

## PART 3

- How to **stay motivated** every day
- The factors involved in **will power** and learning



## WILL POWER

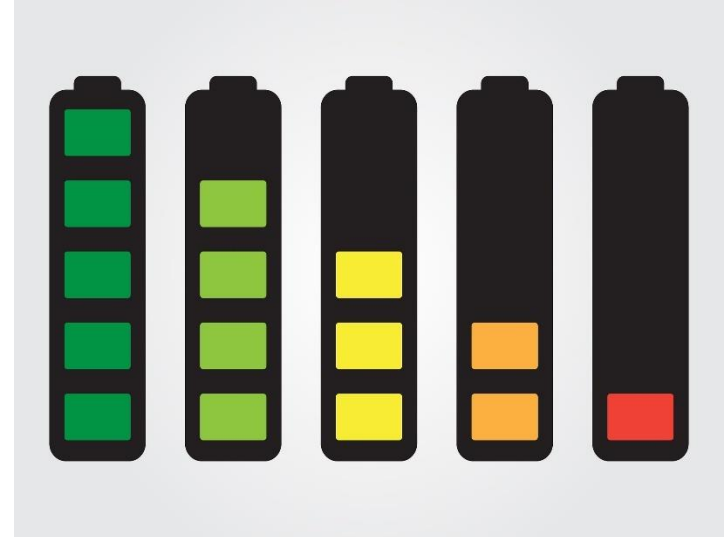
- The problem for 80% of students is not grammar or listening, it's **motivation**!
- “Will power” is **not** a gift from heaven that you either have or not
- There is **science** that we can use to train it

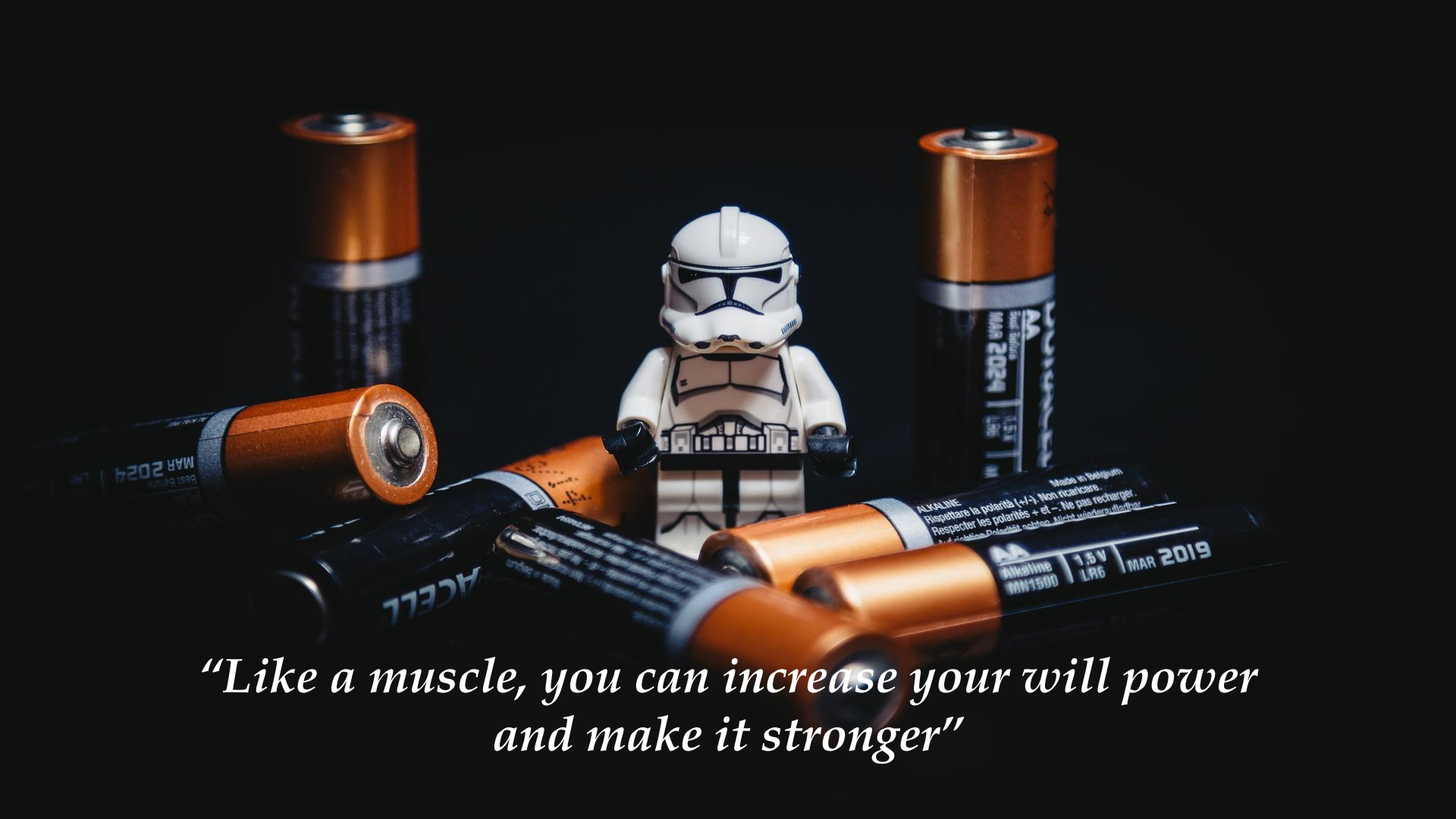


## WILL POWER

- “Will power” is like a battery that you use throughout your day
- Examples:

*After waking up, working all day, looking after your kids, driving to work, etc it will be more difficult to find the motivation to learn English!*





*“Like a muscle, you can increase your will power  
and make it stronger”*

# HOW TO INCREASE YOUR WILL POWER

- Physical exercise
- Healthy nutrition
- Meditation
- Sleeping well
- Your loved ones







*"Physical exercise is the only happiness pill you need"*

## BENEFITS OF DOING EXERCISE

- Control your weight
- Reduce your risk of cardiovascular disease
- Reduce your risk for type 2 diabetes and metabolic syndrome
- Reduce your risk of some cancers
- Strengthen your bones and muscles
- Improve your mental health and mood
- Improve your ability to do daily activities and prevent falls, if you're an older adult
- Increase your chances of living longer
- Thousands of other benefits



## PSYCHOLOGICAL BENEFITS

- Students (adults and children) **who do sport** show:

*More grey matter*

*More white matter*

*Better concentration*

*More self-control and discipline*

*It affects other areas of your life*



## KEYS TO GET THE HABIT

- Any physical activity counts: *yoga, running, strength, cycling, etc.* Find what you enjoy!
- Better to do even **15 minutes a day** than a lot only once a week
- If you can't go to a gym, do **simple** exercises: *squats, push-ups, abs, etc.*
- Find your **“big why”** to do it: without health, you can't enjoy the rest of your life (family, friends, work, etc).





*"You are what you eat"*

## WHY NUTRITION IS ESSENTIAL AND WHAT WE DO WRONG

- 70% of your body composition is based on what you eat
- Our brains need glucose to work
- However, the glucose of different foods is absorbed differently





## WHY NUTRITION IS ESSENTIAL AND WHAT WE DO WRONG

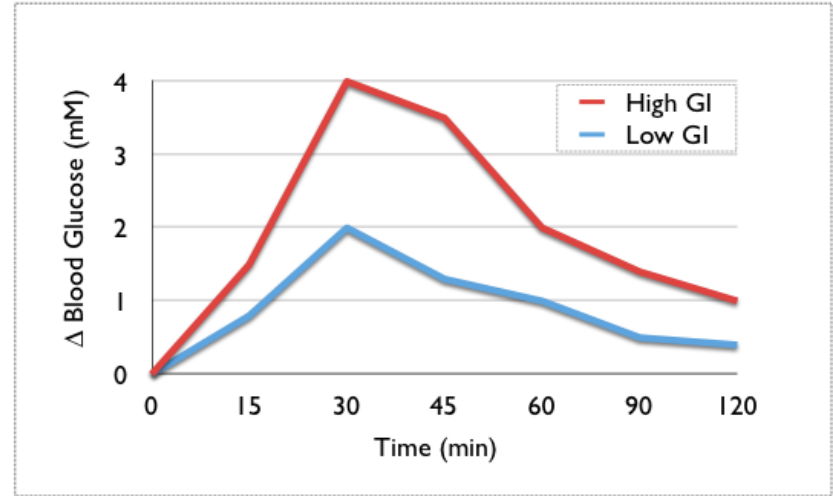
- The **glycemic index** of a food is how fast or slow the glucose is absorbed by your brain
- Foods with a high glycemic index offer a **quick** boost of glucose for your brain: *processed food, cookies, coke, sugar, etc.*





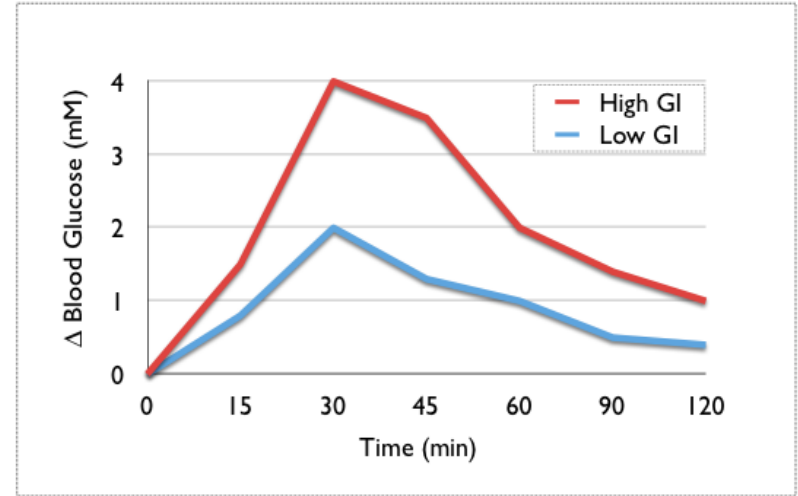
## WHY NUTRITION IS ESSENTIAL AND WHAT WE DO WRONG

- When you eat high glycemic foods, you get a lot of glucose and it is **too much** for your body
- Your pancreas creates “**insulin**” to decrease the level of glucose
- This up and down gives you **highs and lows** in energy



## WHY NUTRITION IS ESSENTIAL AND WHAT WE DO WRONG

- A lot of people depend on **sugar** to get energy
- Low glycemic index foods give you **a more stable energy level** throughout the day
- Studies have shown a better **academic performance** when students had a healthy, low glycemic index breakfast



## WHAT TO EAT TO STAY MOTIVATED AND WITH ENERGY

- Low glycemic foods are:
  - Protein
  - Nuts
  - Vegetables
  - Fruit
- High glycemic foods are:
  - Processed
  - White (bread, flour, sugar)
  - Snacks
  - Industrial drinks

## THE KEYS

- Try to eat **low glycemic foods** (use the website provided for reference)
- You will have **more stable energy** levels during the day
- Your concentration and **motivation** will be more stable too
- Try to do it with your **family!**



*"I don't care who you are, but you turn into a  
different person when you don't sleep" Vinny  
Guadagnino*





# EFFECTS OF POOR SLEEP

- Your brain **doesn't absorbe** glucose well
- Your concentration is similar to being **drunk**
- You crave high glycemic foods because you don't have **energy**
- You are **moody** and emotional



# HOW TO SLEEP BETTER

- Get at least **7-9 hours** of sleep
- Go to bed at **the same time** daily
- Do something **relaxing** to create a habit (audios, read fiction, music, radio, etc)
- Avoid **screens** (blue light prevents your brain from creating melatonin)



*"Meditation is the discovery that the point of life is  
always arrived at in the immediate moment" Alan Watts*



# HEALTH BENEFITS OF REGULAR MEDITATION

- It increases your immune function
- It reduces pain and inflammation at a cellular level
- Reduces anxiety and stress
- Increases social connection and emotional intelligence
- Improves your ability to control your emotions
- Increases grey matter



# HOW IT WORKS

- Your mind is a radio that fills with thoughts, worries, wishes, etc
- We spend our lives thinking of either the past or the future. Always in something not real, external
- To meditate is to focus on the only real moment of your life, the present





# HOW IT WORKS

- There are **different ways** to clear your mind:
  - Let your mind “speak” until it becomes silent
  - Pay 200% attention to what you are doing right now, don’t resist it
  - Pay attention to your breathing



A close-up photograph of a man with dark hair and a beard, wearing a blue denim shirt, holding a young child. The child, with dark curly hair and a red bow, is laughing joyfully while holding a green apple to her mouth. The background is a soft-focus outdoor setting with dry leaves and greenery. The lighting is warm and golden, suggesting late afternoon or early morning.

*"I have found that if you love life, life will love you back"*  
*Arthur Rubinstein*

# LOVE IS A MUSCLE

- The longest study on human **happiness**, by Robert Waldinger
- Healthy relationships and **connection** with others, the key factor to happiness
- **Quality** VS quantity
- Close relationships **protect** our body and brain





# LOVE IS A MUSCLE

- The more you care about others and **train your love muscle**, the stronger it gets
- “Love” is **universal**, not only with a partner: friends, pets, family, community, etc



# DO THE 3<sup>rd</sup> PART OF THE PLAN

Fill in the [third section](#) of the document “My Daway Transformation Plan” to supercharge your will power