

# Will Power

A MONTHLY NEWSLETTER FROM THE PIONEERS ASSISTANCE FUND

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HELPING INDUSTRY VETERANS FOR OVER 60 YEARS.

## ASK A PIONEER

**Q1 A FEW TIMES WHEN I'VE COME CLOSE TO MASTERING A NEW HABIT, LIFE HAPPENS AND THROWS ME OFF MY GAME. WHAT'S THE BEST WAY TO REGAIN MY MOTIVATION AND TRY AGAIN?**

**A1** What might happen if you took the focus off your goal and placed it instead on what is or might be enjoyable about reaching that goal (or new habit)? Motivation grows when you keep your focus on the present moment and choose that which supports your preferred goal or habit. You don't have to be good at the new thing you are trying, or know all the ins and outs before you start. Trying in and of itself helps form the new habit. Trying is what motivation looks like; "acting as if" the new behavior is your norm can help you embody the shape of success. If, for example, you want to exercise more, try adding a morning walk to your day. Build from there. Do that three times a week. From there, add light stretching then build on that. You may not feel like doing the activity prior to starting, but chances are you'll feel better after you're done.

**Q2 I'VE HEARD THE SAYING "A CURIOUS PATIENT IS A HEALTHY PATIENT." I LIKE MY DOCTORS, BUT OFTEN SENSE THEIR IMPATIENCE WHEN I ASK QUESTIONS, LIKE MAYBE I'M OFFENDING THEM. WHAT'S THE BEST WAY TO ASK A DOCTOR TO TAKE A CLOSER LOOK IN THE SHORT AMOUNT OF TIME WE HAVE TOGETHER?**

**A2** Be proactive. Begin by telling your physician that you know he or she is busy, and that is why you've written up a list of questions and topics you're concerned about. Don't wait for the end of the visit. Stating what you want to discuss up front signals to the physician that you're respectful of both their time and your health. Creating the list prior to your appointment allows you time to prioritize your questions. In some cases, the concerns may require more in-depth consideration, and it may be appropriate to schedule a separate appointment for you and your doctor to address them.

If you have a question you would like answered in one of our next newsletters, please email or call: [info@wrmail.or](mailto:info@wrmail.or) or 888-994-3863 ext. 4

### INDUSTRY QUOTE:

**"THE PIONEERS ASSISTANCE FUND IS A SAFETY NET FOR ALL MEMBERS OF OUR FILM COMMUNITY. IF YOU KNOW OF SOMEONE WHO NEEDS A HELPING HAND, PLEASE LET US KNOW"**

— CHRIS ARONSON,  
CHAIRMAN OF THE BOARD, WRMPF