



The Don't Lose Podcast

With Karen Thrall

Season 1

Episode 2: Don't Lose Your Willpower

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Transcript:

00:00 I'm Karen Thrall, welcome to the Don't Lose podcast.

00:04 Every week I'm going to be recording this in a different location.

00:09 In this episode I'm sitting on a park bench in Blaine, Washington

00:13 Don't Lose is about everyday stories and the lessons we find in them.

00:17 Let's get started.

00:19 This episode is called Don't Lose Your Willpower.

00:23 When I was doing all my research, there are so many layers to willpower, so I thought, I'm just going to stick to three.

00:31 Three things that I have learned, and I want to share those with you based on a story that I experienced.

00:39 This

00:40 And before we begin, I want to set up a definition so we're all on the same page.

00:45 Willpower.

00:45 The definition is to have a strong determination.

00:51 That allows you to do something difficult.

00:55 Now there's a difference between willpower and motivation.

01:01 Motivation isn't necessarily difficult.

01:04 Willpower is OK.

01:05 That's where we're going to put the base.

01:11 That means.

01:13 That doing something difficult is hard.

01:17 Or a hardship.

01:19 My question to you is, what is hard right now for you?

01:24 OK, What

01:26 Is it finances?

01:29 Is it your job?

01:32 Are you looking at your career going?

01:34 How did I get here?

01:35 This is not what I signed up for.



01:38 Is it health?

01:40 Is it a difficult relationship in the workplace or personally?

01:45 What is hard?

01:47 All of us, no matter how great life is, all of us have something difficult where we need willpower.

01:57 It's not easy to find willpower when life is hard or when a topic in your life is hard, OK?

02:05 There's a story that took place in Rishikesh, India.

02:09 I was visiting my daughter.

02:11 And she said, do you want to meet Tulu?

02:15 And we were scooting around all day and I was really excited to meet this little monkey named Tulu.

02:24 So the back story is when I met her, she was three months old.

02:28 When my daughter met her, she was two months old.

02:32 And she had just been rescued because they found her abandoned.

02:37 To die, she was going to die.

02:39 She was frail, she was weak, she was alone.

02:44 And not only that.

02:47 She had lost.

02:49 Three of her limbs.

02:51 And all she had was one arm left with her hand.

02:56 That's how they found her.

02:58 Left to die and when my daughter

03:00 OK.

03:02 Her adopted dad has been nurturing her.

03:06 Well, for this one month since I got to meet her.

03:10 And when we showed up, the first thing Madison said was.

03:14 Look how strong she is.

03:19 Look how strong she is.

03:24 In the moment, right now.

03:27 With her willpower activated, she was getting stronger and stronger and stronger.

03:33 Need to give you a little bit of information I learned, maybe you already know it.

03:37 Female in troops for monkeys.

03:41 They are born in that troop and they remain in the troop.

03:44 while I was there I saw countless monkeys, a dozen at a time 203050.

03:54 Most incredible Every single day I saw a troop of monkeys.

03:59 I saw moms with babies hanging on their underbellies.

04:03 Every single day, groups and moms.



04:06 It was the most beautiful thing.
04:08 All this was happening before I met Tulu.
04:13 The reason I want you to know that is because.
04:17 When I met Tulu, the reality that she will never be part of a troop.
04:23 She will never, ever again cling to her mother's underbelly.
04:28 She will never be a mom.
04:31 She will never live in the jungle.
04:34 And she will never be part of her family.
04:38 She will never swing tree to tree.
04:41 That life's done.
04:44 One of the things that diminishes our willpower is the past.
04:48 What I was, not who I am today.
04:52 And when we look at who we were.
04:55 minimizing the willpower.
04:58 When you want to find your willpower.
05:01 It starts by accepting who you are today.
05:05 Your life today, all of it.
05:07 This is my reality.
05:09 This is my life.
05:11 And from there.
05:13 You will start to regain your willpower.
05:17 So Tulu.
05:19 We'll never experience what was.
05:22 She only has now.
05:24 And what I watched in her was a monkey learning how to be a monkey.
05:29 Without any other monkeys.
05:32 She was innately, naturally, a monkey.
05:37 And this hardship she went through did not take away who she is.
05:42 A lot of times in hardships we lose a bit of ourselves.
05:47 She didn't.
05:49 She explored more of who she was becoming.
05:54 She allowed the monkey in her to become even more part of who she is, not less.
06:02 Her hardship invited more of who she is, for example.
06:08 She learned how to have two limbs to walk around the floor.
06:13 So she's skirting around the floor with one hand and her bum.
06:17 And she go hand bum, hand bum.
06:21 Because she knew she needed two limbs to maneuver that, and she figured it out.



06:27 She figured out how to climb a curtain, how to climb.
06:32 Hand teeth, hand teeth, hand teeth, hand teeth.
06:35 Until she got to the ledge so she could look
06:39 out the window.
06:41 She figured that out by herself.
06:44 Her adopted dad.
06:46 Would put his
06:47 finger, hold his finger out, and she'd grip it with her tiny little hands.
06:53 This, this little Tulu is a tiny little thing.
06:56 She'd grip it with her little hand and he would swing her as if she was on a vine,
back and forth and I'd watch her body.
07:06 And her body instantly, instinctively started acting like a monkey's body.
07:11 Free and flow and carefree.
07:14 She loved it.
07:15 She loved the sensation that she instinctively knew was in her.
07:20 It didn't look like what it was.
07:23 But it was still there.
07:26 She instinctively.
07:29 Wanted to.
07:32 Sit behind my daughter's head and look in her hair.
07:38 For bugs, dirt, food.
07:42 All of that was her true self, even through the hardship.
07:47 Her willpower.
07:49 Gave her the ability to find herself.
07:53 Number one, don't look in the past if you want to have willpower.
07:57 You look in your moment right now and you will find your willpower to get
through this difficult thing.
08:04 Two, remember who you are.
08:07 We experience loss all the time.
08:10 We know what it is to grieve something we don't have or someone we don't
have.
08:17 And that loss?
08:19 That losing of ourselves.
08:22 Willpower helps us find ourselves again.
08:26 And for?
08:28 Increase our willpower.
08:30 We stay in the moment, in the now.
08:33 That is what gets our willpower stronger.
08:38 A lot of times, especially as an executive coach.



08:41 I pull stories from my past.

08:44 Those stories become life lessons, and I'm up there in my age now that I have a lot of stories.

08:53 But when I share stories and hardships where I it required me to have willpower, I'm telling you that story after it's done.

09:05 So I have already experienced the strength from that story.

09:10 OK, that's not what I want to do in this podcast.

09:15 In this podcast, I want to tell you a hardship I'm going through now while I'm in it, where willpower scares me.

09:24 And my hardship to you might be not a big deal.

09:29 You'll be like, that's your hardship.

09:31 But it is it's a very big deal to me.

09:35 It's hard for me.

09:37 This podcast is my hardship.

09:40 This podcast.

09:42 Is provoking me.

09:46 To do something difficult.

09:48 This year has been an incredible year of teaching me what it means to be seen.

09:55 I have someone in marketing that works with me every four to six weeks and throughout the entire year, she has said.

10:04 Why don't you let people know who you are?

10:06 All you do is show your professional persona.

10:10 Why don't you just?

10:11 Share a bit about yourself.

10:14 Petrified, terrified.

10:15 Don't want to do it.

10:18 While I was in Japan,

10:20 down this phrase, Don't lose yourself.

10:22 And I was like, hmm.

10:24 And while I was there, I had this imagery of a birdcage and I'm in this birdcage and the door is wide open and I can get out anytime.

10:33 But it's familiar and it's comfortable.

10:36 In the corporate world.

10:39 It's easy to get lost in your to lose yourself, and to get lost in the professional persona.

10:46 And it's subtle, it just subtly happens to you bit by bit for me.

10:52 And then one day you wake up and go, How'd I get here?

10:56 That's this year for me.

10:58 I remember being at this big mega corporation meeting with two, two



colleagues that worked there and we were in their cafeteria for coffee.

11:08 It was so perfect.

11:10 It was so superficial.

11:12 We said all the right things and I left feeling really sad.

11:17 Because I felt fake.

11:21 And somehow I've been creating this belief system in me that my value is in my professional persona.

11:29 And I have been blocking off myself.

11:34 Thinking that it might disqualify me.

11:36 Can you imagine that?

11:38 It's terrible?

11:40 This podcast.

11:42 Is my willpower.

11:45 The strong determination to do something very difficult and that is to allow myself to be seen.

11:54 So that's my hardship.

11:55 One of them.

11:56 I have a few right now.

11:58 That's one of them.

12:00 And it is hard, more than you can imagine.

12:04 But my willpower, I'm determined.

12:07 To do this difficult thing that I'm doing.

12:12 What is yours?

12:14 What is difficult for you?

12:16 What is hard for you?

12:21 The last thing that

12:23 Tulu taught me was a secret.

12:28 And it was something that I never considered before until I met her.

12:34 Throughout our whole time we were there, she did something over and over and over again.

12:41 She would climb up her adopted dad's arm and rest in his arm and he would move his arm to his chest and she would fall asleep.

12:51 She would cuddle.

12:53 She would be.

12:56 And then she climbed back down again.

12:59 dawned on me.

13:02 That the secret of willpower.

13:05 Is that you are never in isolation.

13:08 Ever.



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13:10 and you know you're not in isolation.

13:13 When you allow yourself to be loved.

13:17 In the hardship.

13:19 As you are.

13:21 Right now.

13:23 Be loved.

13:24 In the hardship as you are right now

13:29 So that you will have a strong determination that will allow you to do that difficult thing.

13:34 Thank you so much for listening today.

13:37 I'll see you next week with another story and another little bit of inspiration.

13:41 Please follow me on Instagram and YouTube. My tag is @karenthrallinc and you can find me on any of your favorite podcast channels.

13:50 See you next week.

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