

Summer 2026 SYLLABUS

Tuesday 9:00-10:45 am

UNLV MAB2

Instructor: B. Weems, PhD

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COURSE DESCRIPTION:

This course explores willingness as the often-overlooked set of behaviors responsible for the force that determines whether or not goals are pursued until met or abandoned midway. Participants will learn to recognize willingness as not feelings, but responses to decisions that develop their capacity to act even in the presence of discomfort, doubt, or uncertainty. Through structured exchanges of historical and personal reflections, practical exercises, and adherence to real-world protocols, students will strengthen their ability to initiate, persist, and contribute meaningfully until their goals are successfully reached.

COURSE OBJECTIVES:

By the end of the course, students will be able to:

- Define willingness in clear behavioral terms
- Distinguish willingness from motivation, discipline and habit
- Identify personal patterns that increase or decrease their willingness
- Apply practical protocols to act despite hesitation
- Develop and initiate personal “Willingness Protocols” aligned with purpose and/or legacy

Syllabus for The Secret Power of Willingness

<u>Week</u>	<u>Topic</u>
1 May 26th	What is Willingness?: The Difference It Makes
2 June 2nd	Culture and Conditioning: What We Have Been Taught to Be Willing to Do
3 June 9th	Willing to Begin: Overcoming Inertia and the Paralysis of Perfection
4 June 16th	Willingness in Biography: Examining Lives of Persistence
5 June 23rd	Rewiring Reluctance: Exploring the Willingness Habit
6 June 30th	Drawing from Religion and Spirituality: The Willingness to first Surrender then Act
7 July 7th	Willing to Rest: The Counterintuitive Nature of Willingness that Sustains All Actions
8 July 14th	Loss, Grief, and the Willingness to go On
9 July 21st	Willingness Legacy: What We Are Still Willing to Build
10 July 28th	Writing Your Own Willingness Story: Integration and Forward Commitment

Note: The contents of this syllabus are subject to change if needed.