Accentuating the positive can help to improve your willpower.

WILLPOWER UP!

Try a few of these tips to strengthen your willpower so you can keep positive habits going strong.

Arrange your environment.
• Clean: Get rid of your temptations, so you don’t have to resist them.
• Commit: Make plans with a friend who can hold you accountable.
• Avoid all-or-nothing thinking: Celebrate any progress you make.

Boost your willpower in the moment.
• Practice positive self-talk: Say “not now, maybe later” to get the devil off your shoulder when you’re tempted.
• Distract: Give your impulse a chill pill by focusing on something else for a few minutes.
• Hide: Remove the temptation from plain sight or remove yourself from the situation.

Strengthen your ongoing willpower.
• Meditate: A 10-minute mindful meditation session every morning can help improve impulse control over time.
• Sleep: Getting quality sleep will help you feel rested and energetic the next day which can help you stick to your positive choices.

Excuse your setbacks.
• Forgive yourself: You’re human, after all! Give yourself a break when you deviate from the path, and you’ll be more likely to get back on it.