

# ° **+|WILLPOWER UP!|+** °

It turns out that willpower may be a finite resource, so it's no wonder you're more likely to bend to temptation later in the day.



Healthy For Good™

**Try a few of these tips to build up 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.
- Optimize: Time tasks so they align with your willpower – like grocery shopping when you're already full.

### **Boost your willpower in the moment.**

- Postpone: 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 sesh every morning can help improve impulse control over time.
- Sleep: Think of rest as a shield from temptations – the more you sleep, the stronger it gets.
- Stop Swearing: Changing a speech pattern, like avoiding expletives, can help you learn to extend your willpower.

### **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.