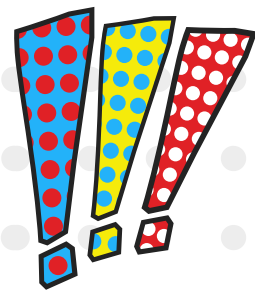


# WILLPOWER



**CAPACITY TO ENGAGE  
IN BEHAVIORS  
CONSISTENT WITH YOUR  
INTENTIONS**

**ABILITY TO  
INHIBIT YOUR  
RESPONSE TO A  
TEMPTATION**

**ABILITY TO ADAPT  
WHEN  
CIRCUMSTANCES  
CHANGE**

**ABILITY TO THINK  
ABOUT  
COSEQUENCES OF  
ACTIONS**

## WHAT WE KNOW ABOUT WILLPOWER:

- **IT'S A FORM OF DECISION-MAKING**
- **IT'S A CONFLICT BETWEEN OUR "HOT" AND "COOL" SYSTEMS**
- **IT MAY NOT BE A FINITE RESOURCE, AS WE ONCE THOUGHT**
- **IT MAY ACT MORE LIKE AN EMOTION, WHICH EBBS AND FLOWS**
- **IT HAS 3 ELEMENTS: I WON'T, I WILL, I WANT**



set "want-to"  
intentions instead of  
"have-to" intentions

focus on the "I will"  
instead of the "I won't"

structure your habits  
so that you don't have  
to rely on willpower

bring more awareness  
to your everyday  
choices

practice self-  
compassion when you  
experience setbacks

use meditation to  
strengthen the neural  
pathways that  
support willpower