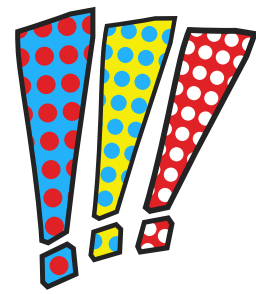


WILLPOWER



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

**ABILITY TO
MEDIATE 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**