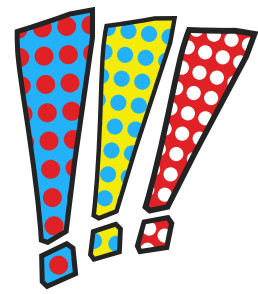


WILLPOWER



CAPACITY TO ENGAGE
IN BEHAVIORS
CONSISTENT WITH
YOUR INTENTIONS

ABILITY TO
MEDIATE YOUR
RESPONSE TO A
TEMPTATION

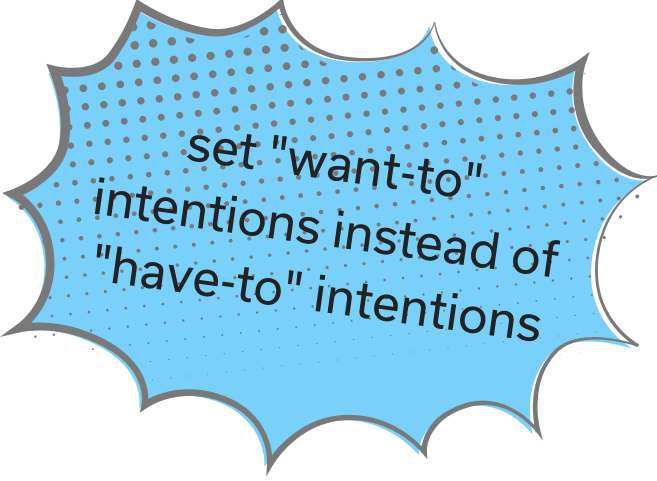
ABILITY TO ADAPT
WHEN
CIRCUMSTANCES
CHANGE

ABILITY TO THINK
ABOUT
COSEQUENCES OF
ACTIONS

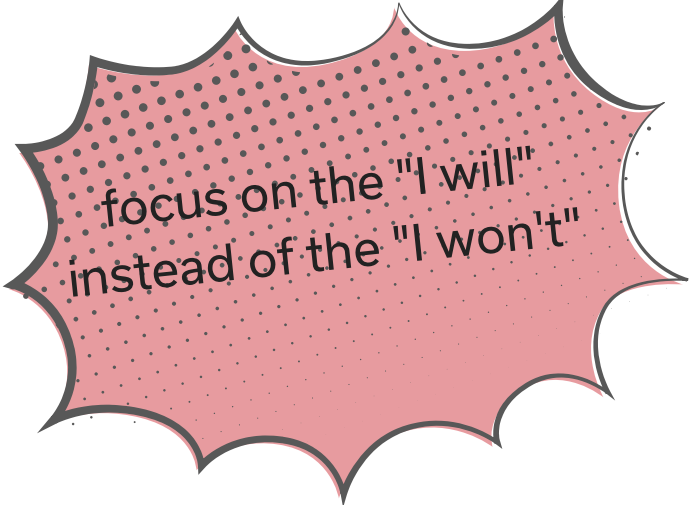
WHAT WE KNOW ABOUT WILLPOWER:




- IT'S A FORM OF DECISION-MAKING
- IT HAS 3 ELEMENTS: I WON'T, I WILL, I WANT
- 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 FLOW



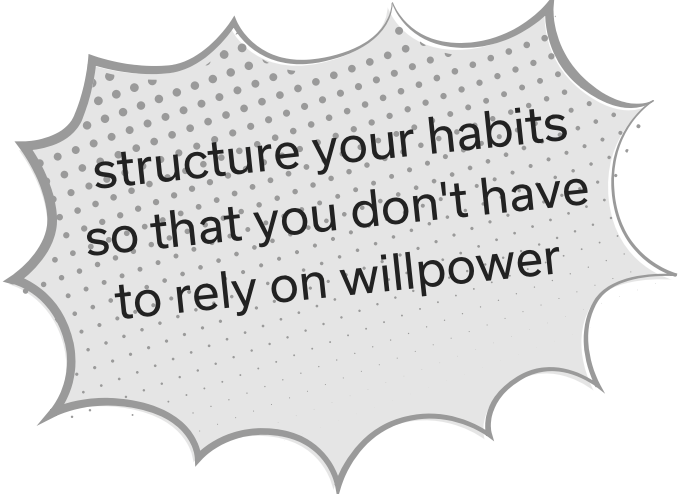
set "want-to"
intentions instead of
"have-to" intentions




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



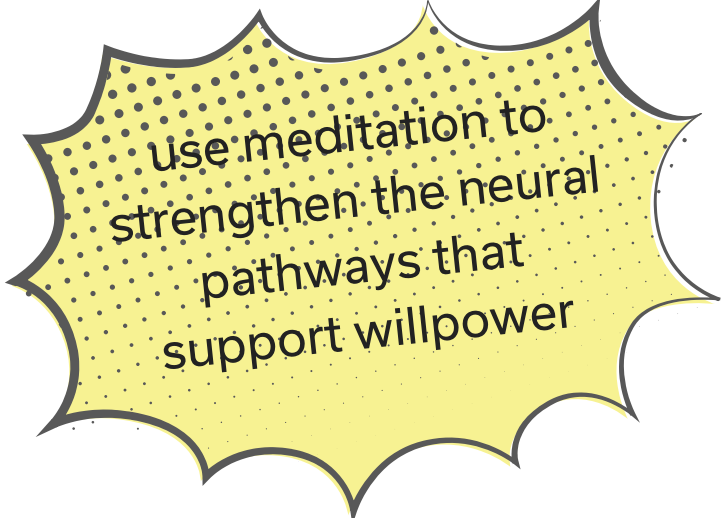
bring more
awareness to your
everyday choices



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



practice self-
compassion when you
experience setbacks



use meditation to
strengthen the neural
pathways that
support willpower