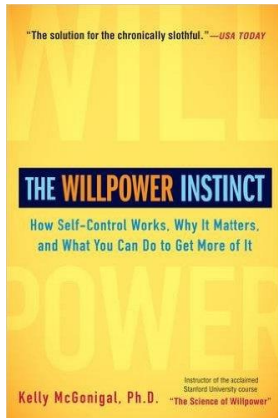


val **YOU** able

actYOUlization worksheet



The Willpower Instinct

How Self-Control Works, Why It Matters, and What You Can Do to Get More of it
By Kelly McGonigal, PH.D. –AVERY ©2011

“Self-awareness is the one “self” you can always count on to help you do what is difficult and what matters most.” ~Kelly McGonigal, PH.D.

Pick a Willpower Challenge

Identify your Willpower Challenge:

1. I Will Power (Positive Action):
2. I Won't Power (Refrain From):
3. I Want Power (Benefit/WHY) :

Example: Challenge Lose 10lbs. I will work out. I won't eat junk food. I want to fit in my favorite jeans.

Know Thy Self

Identify your biggest temptations. What thoughts, feeling and events temp you to violate your I WILL & I WON'T power? Make a plan for your “What the hell moments.” Also establish a pre-defined reward to overcome the Halo Effect.



actYOUlization worksheet

Meet Thy Future Self

Pick a future defining moment that is due to accomplishing your Willpower Challenge. Write about it and envision it in as much detail as possible.

Write a thank you note from your future self to your current self for accomplishing your Willpower Challenge.

5 Minute Breathing Meditation Directions:

- Sit on a chair, feet planted on the ground. Or sit on the ground cross legged.
- Choose to either close your eyes or leave them open.
- Turn your attention to your breath.
- Silently In your head say “inhale” and “exhale” in harmony with your breathing.
- Notice the bodily sensations of breathing. How it feels, how your lungs and belly expand etc.
- If you’re particularly anxious slow down your breathing to 10 seconds a breath, it will help.
- Resist urges to fidget.
- YOU WILL THINK A LOT! When you become aware of thinking kindly redirect your focus back to breathing. “Inhale” and “Exhale.”

Remember being bad at mediation is good for self-control. The more you practice, the more you will improve.

“Commitment is doing the thing you said you were going to do long after the mood you said it in has left you.” ~ Unknown