

Willpower Builder

The questions below are designed to better understand and build your willpower muscles.

To me willpower is:

Currently, I already use willpower when:

My willpower is strongest when:

My willpower is weakest when:

What drains my willpower?

What restores my willpower

Your Plan for Low Willpower

If you can anticipate the times when your willpower reserves are on E then you can pre-plan your responses, push through, and – most importantly – keep your momentum going. Here we go...

Listen for your thoughts

Exercise: Anticipate and identify all your unhelpful – low willpower – thoughts: I'm too tired, I've had a long day, I'm hungry, it's too cold, etc.

- 1.
- 2.
- 3.

Identifying your danger zones

Your danger zone is that time of day when your willpower is low and you are likely to talk yourself out of running, walking, or going to the gym. **Exercise:** List your top three most crippling, or annoying, low willpower thoughts and when they are most likely to occur.

My #1 low willpower thought is:

It happens when:

My #2 low willpower thought is:

It happens when:

My #3 low willpower thought is:

It happens when:

Plan for action

Make a plan – a counter response – things you are 100% willing to do (no matter how small) for each low willpower thought and danger zone.

Exercise: Create your plan for tackling your top three low willpower situations:

My #1 low willpower thought is:

- My danger zone is:
- Action I will take:
- My planned counter response is:

My #2 low willpower thought is:

- My danger zone is:
- Action I will take:
- My planned counter response is:

My #3 low willpower thought is:

- My danger zone is:
- Action I will take:
- My planned counter response is:

Helpful Hint: Rehearse your plan in your imagination. See every step. All the fine details.

Things like having your shoes and socks ready at the door. Eating that snack in the car on the way home, even imagine feeling great after that run.