

The Willpower Challenge



You have the power! How can you find the will?

Think of the situations in which you find willpower challenging.

The key to powering through these moments is to plan for them.

Utilize high willpower moments to plan for your low willpower moments.

High willpower moments may include the night before, the morning of, or hours before the event in question. List out what you will do to ensure you make decisions that support your wellness.

EXAMPLES OF USING YOUR POWER



- 1) Tell a friend about my plan to help keep me accountable.
- 2) Not arrive at the party hungry.
- 3) Eat healthy foods first.
- 4) Choose my three favorite foods and limit my food intake to these three items.

Other examples of challenging situations can include late night snacking, being around children when they are snacking after school, going out to a restaurant where I love the bread that comes to the table, and so many more.

These challenges will be so much less daunting when you have a plan!

**Use your high willpower moments to plan for your low willpower moments.
Come up with three specific action steps that work for you.**

My low willpower situation is: _____

My action steps are: 1)

2)

3)