

Willpower Strategies - Top 40!

Awareness				
Mindfulness & Reflection	Distortions & Biases	Personalities	Triggers	Faulty Warning System

Internal Motivation	Environment Design	Habit Development	Willpower		
			Muscle	Mindset	Skills
Demonstrate Interest	Goals & Planning	Breaking in New Habits	Sleep	Solution Focus	Control Spectrum
Passion	Implementation Intentions	Detailed Steps	Nutrition	Mindfulness & Acceptance	Set Feelings Aside
Purpose	Predict Obstacles & Distractions	Deliberate Practice	Exercise	Compassion vs. Self-Criticism	Cool Down - Pause & Plan
Miracle Question	Make it Impossible to Fail	Repetition for Automaticity	Rest & Relaxation	Depletion vs. Unlimited	Just Get Started & Start the Day Well
Visualisation	Mitigate Temptations / 20 Second Rule	Measurement	Meditation	Change as Process / Practicing Mindset	Delaying Gratification
Manage Expectations	Utilise Social Relationships		Difficult / Unfamiliar First	Relationship with Future Self	Mental Contrasting