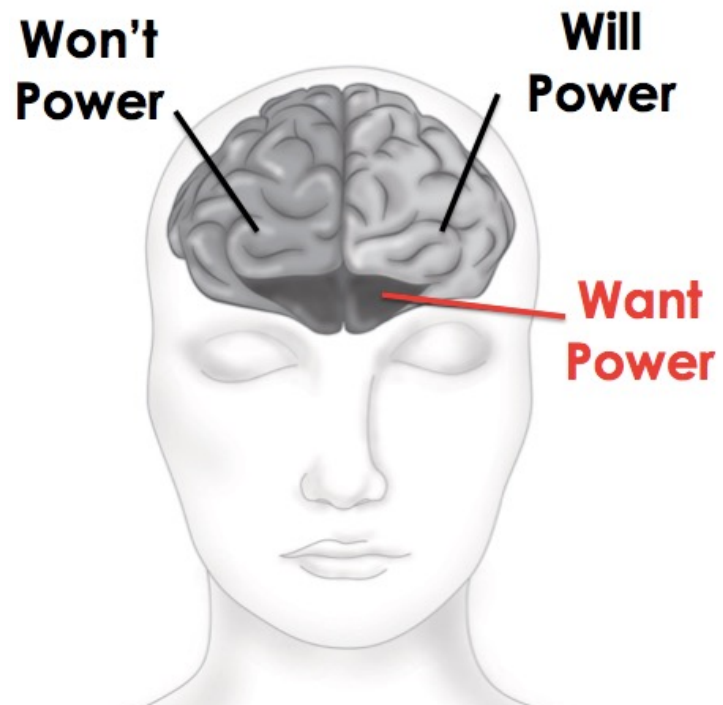


A competition of selves:

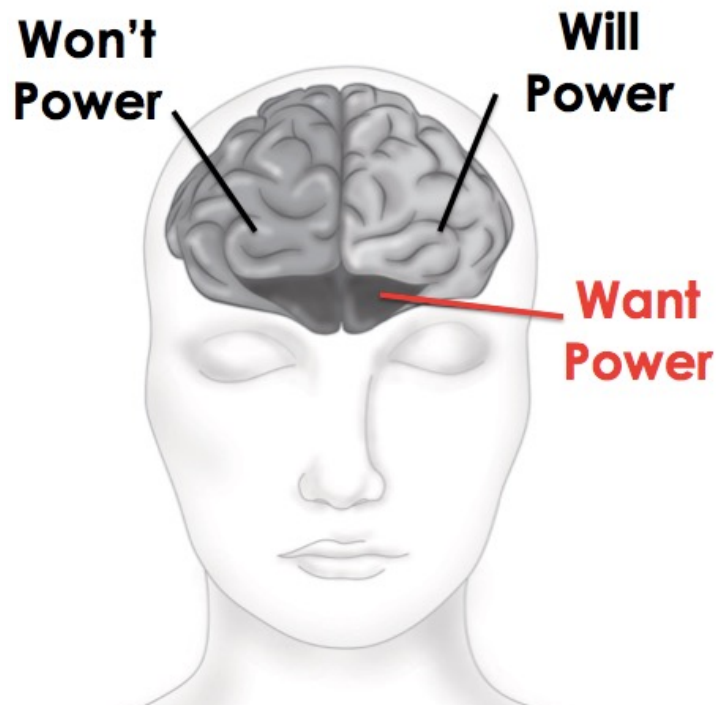
The self of **self-control** vs the self of **self-sabotage**

- Chooses what matters most (values, goals, relationships)
 - Balances long-term and present
 - Pays attention to choices
 - Can pause and plan
 - Can rely on internal GPS
 - Willing to exert effort now to make things easier/better later
 - Has confidence that goal is possible
 - Recruits support
 - Has insight into competition of selves
- Chooses immediate gratification and relief from discomfort
 - Undervalues the future
 - Doesn't recognize opportunities
 - Runs on automatic
 - Influenced by goals of environment/others
 - Doesn't have the time or energy, believes it will be easier later
 - Lacks confidence or self-belief
 - Avoids oversight and accountability
 - Believes the above is who you *really* are



Want power:

- Knowing what matters most
- Recognizing choice points
- Remembering what matters most

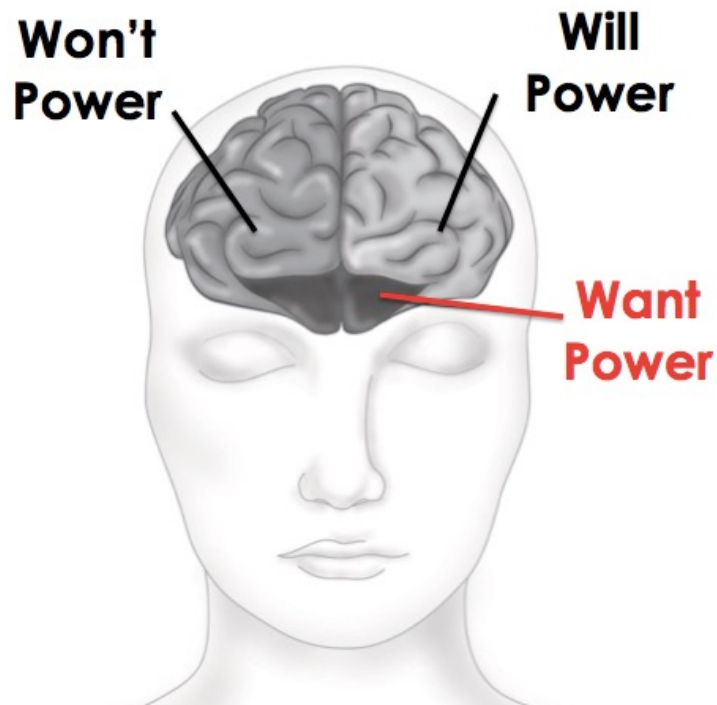


Want power:

- Knowing what matters most
- Recognizing choice points
- Remembering what matters most

Won't power:

- Predicting pain, regret
- Inhibiting impulses, habits
- Distancing from temptation



Want power:

- Knowing what matters most
- Recognizing choice points
- Remembering what matters most

Won't power:

- Predicting pain, regret
- Inhibiting impulses, habits
- Distancing from temptation

Will power:

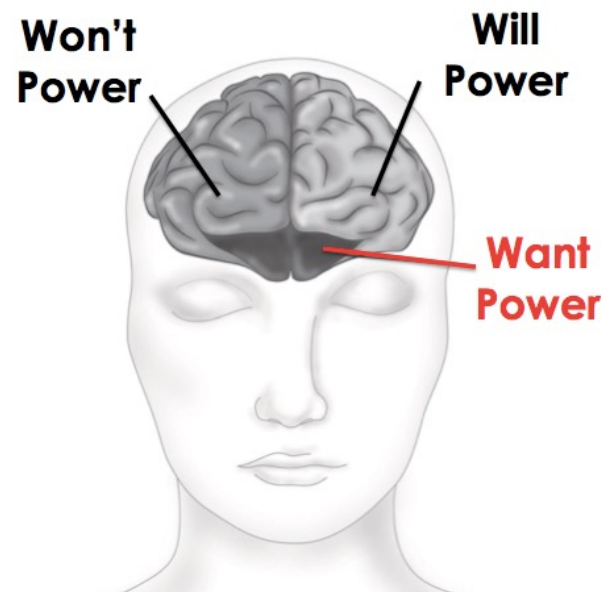
- Predicting pride, gratitude
- Taking deliberate action
- Supporting positive action

What is your 2023 goal for change?

1. What do you want to prioritize, commit to, or accomplish in 2023? (“I want”)
2. What behavior or choice is getting in the way? (“I won’t”)
3. What behavior or choice will get you closer? (“I will”)

Strengthen Want Power

1. Clarify your values and vision *for your life*.
2. Link your goal (and new choices) to your values and vision. Why does it matter?



Strengthen Want Power

Set your GPS: What matters most? What is your priority?

- *How can you make this reflection a part of your daily routine?*

In a willpower challenge: What higher goal can this choice serve?

- *"I choose _____."* (Your decision rule)

Strengthen Won't Power & Will Power

1. Identify key choice points.
 - When do you give in to old habits?
 - When do you put something important off?
 - How do you undermine your goal?
 - *When do you choose something else?*
2. Investigate: What is the most powerful motivation or belief of the competing self (the self of self-sabotage)?
3. Choose a micro-delay or micro-action consistent with your goal.
 - 1 min, 3 min, 5 min, 10 min
 - Create a state change (e.g. breathing, music, movement, action, connection)

What to do in a willpower challenge:

- Recognize the choice point.
- Remember your commitment/goal.
- Notice and accept internal struggle/competition of selves.
- Remember your why.
- Choose a micro-delay or micro-action.

Your Change Goal: An Ongoing Discovery Process

1. What is the vision?
2. What is the competition?
3. What are 3 choice points?
4. What is your commitment/decision rule? (*I choose _____*)
5. What are 3 micro-strategies for when your willpower is challenged?