



American Heart Association®

Healthy for Good™

WILLPOWER UP!

It turns out that willpower may be a finite resource, so it's no wonder you're more likely to bend to temptation later in the day.



Try a few of these tips to build up your willpower so you can keep positive habits going strong.

Arrange your environment.

- **Clean:** Get rid of your temptations, so you don't have to resist them.
- **Commit:** Make plans with a friend who can hold you accountable.
- **Optimize:** Time tasks so they align with your willpower – like grocery shopping when you're already full.

Boost your willpower in the moment.

- **Postpone:** Say “not now, maybe later” to get the devil off your shoulder when you're tempted.
- **Distract:** Give your impulse a chill pill by focusing on something else for a few minutes.
- **Hide:** Remove the temptation from plain sight or remove yourself from the situation.

Strengthen your ongoing willpower.

- **Meditate:** A 10-minute mindful meditation sesh every morning can help improve impulse control over time.
- **Sleep:** Think of rest as a shield from temptations – the more you sleep, the stronger it gets.
- **Stop Swearing:** Changing a speech pattern, like avoiding expletives, can help you learn to extend your willpower.

Excuse your setbacks.

- **Forgive Yourself:** You're human, after all! Give yourself a break when you deviate from the path, and you'll be more likely to get back on it.

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