

5 TIPS TO STRENGTHEN YOUR WILLPOWER

1. EMPOWER YOURSELF

You can change. You adopted the old habit, and you can transform it. Get any self-doubt or negativity out of your mind.

2. DEVISE YOUR GAME PLAN

Now that you know the reward, craving, cue, and routine, it's time to choose a replacement. Write down the new routine you want to activate. Be as detailed as possible.

3. CONSIDER YOUR OBSTACLES

What might prevent you from sticking with the new habit? Visualize yourself facing the obstacle (e.g. saying no to food in the office kitchen if you're not hungry.)

4. VISUALIZE THE TRANSFORMATION

Visualize yourself performing your new habit. What do you feel like? What do you look like? Visualize your emotion, the physical feeling, and your mental state.

5. BREAK DOWN YOUR GAME PLAN

Break down your game plan into smaller pieces. For example, set a goal to do your new routine twice a week. Set your challenges so that you believe you can succeed at least 90% of the time at first.

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