

Title:
Self Control

Word Count:
582

Summary:
Self control isn't willpower. Stop being so hard on yourself and know that there are better ways

Keywords:
self control, willpower, self improvement

Article Body:
Self control means the ability to motivate ourselves to do the things we need to do. It also means

Self Control With Easy Steps

One trick to doing what you need to do is to start using what motivation you have. If you really

Another trick is to create motivation. Find ways to energize yourself. Willpower tends to go up

Self Control Through Self Awareness

Maybe that piece of cake calls to you. Isn't it sometimes hard to resist temptation? Stronger

Don't buy into the idea that self control means being immune to temptation. True self control

Of course there will be times when you didn't choose the situation you are in, or at least that

1. Ask people for help. If you can't stop complaining, for example, have friends point out when
2. Use substitutes. If you shouldn't drink that beer, quickly get a glass of your favorite juice
3. Imagine the consequences of your actions. Do this immediately when you are tempted, and be
4. Try to relax. Willpower is low when you are stressed. Close your eyes and take three deep
5. Discover some of the causes of your temptations, and deal with them. For some people, boredom

"Strengthening" willpower by fighting your feelings is a losing battle. It is more effective to

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