



American Heart Association®

Healthy for Good™

WILLPOWER UP!

Accentuating the positive can help to improve your willpower.



Try a few of these tips to strengthen 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.
- **Avoid all-or-nothing thinking:** Celebrate any progress you make.

Boost your willpower in the moment.

- **Practice positive self-talk:** 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 session every morning can help improve impulse control over time.
- **Sleep:** Getting quality sleep will help you feel rested and energetic the next day which can help you stick to your positive choices.

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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