



EFS PERSONAL TRAINING

Energize Tips

Strengthen your Willpower

Willpower is like a muscle. We only have so much and can run out if we are constantly calling on it. The good news that we can strengthen it!

Use the 20-second Rule:

- To stop a BAD behavior, increase the time it takes to start it by 20 seconds (hide the bad snacks in the back of the pantry where they are harder to find).
- To increase a GOOD habit, put desired behavior on path of least resistance (if you plan on exercising in the morning, sleep in your workout clothes).

Try to do the things that require willpower early in the day. A tired brain, preoccupied with its problems and run down by the world, is going to struggle to resist what it wants, even when what it wants isn't what we need.

Check out the video: <https://youtu.be/lWHQNPWe70c>