

Educational

Authenticity



- Two versions of yourself have competing goals
- Do you think you should look after your future self?
- Write a letter from your future self to your present self
- Failure is a good thing

An extra hour of sleep makes you more resilient

Discussion

For a willpower failure

1. Be mindful of what you are thinking and feeling
2. Common Humanity (We feel that we are broken)
3. Encouragement over criticism

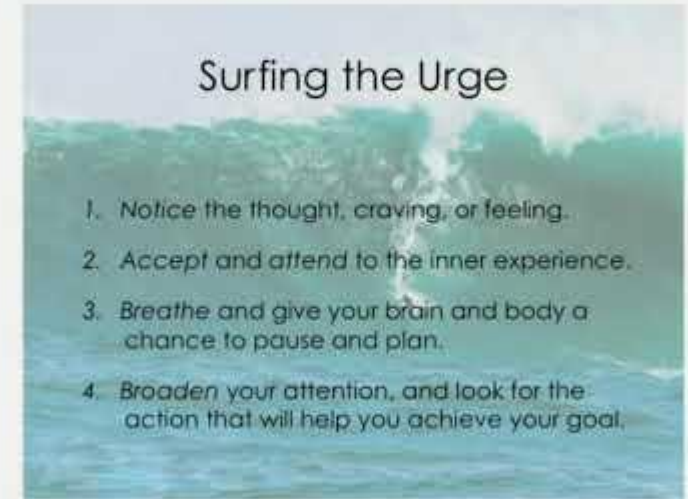
Use your breath as a source of stability

How do you deal with failure

Look for the first opportunity to recommit to your goal

Um

Knowing this lets you listen for it





1. What is a task that challenges your willpower

_____?

Advanced Question Words

2. What is something that you don't want to do?

_____?

Mindset Decisions

3. How can you sleep more?(Meditation)

_____?

Immediate gratification

4. When we are beating ourselves up we are more likely to drop the ball again with the things that we should be doing

_____?

Shape behaviour

5. What advice would you give someone who suffered a setback?

_____?

Ruminating?

6. What questions would you like to ask your future self

_____?

Craving goal

7. Can you imagine yourself grocery shopping in the future

_____?

Surfing the urge – knowing you can overcome an obstacle

8. What is an excuse that you have made in the past / How close are you to your goal?

_____?

Falling off the wagon failure pessimism

Stress tolerance – the ability to stay put when things get uncomfortable



Forgive yourself if you suffer a willpower setback



4. Find A Reason To Practice Every Day.

If you want to stay motivated, you need to find a reason to learn another language that will inspire you to invest time into learning each day. Like Darren Hardy writes in his book, *The Compound Effect*:



Draw your future self

“Forget about willpower. It’s time for why-power. Your choices are only meaningful when you connect them to your desires and dreams. You’ve got to want something, and know why you want it, or you’ll end up giving up too easily.”

Predict a failure you may have

How do you fail?



