



Strengthen your willpower

Timing

Willpower is a finite resource. If you are putting a lot of time, effort and energy in to a challenging home or work project, making a big lifestyle change at the same time may set you up to fail. There may never be a best time but there will be a worst time. It may be better to consider a change when there is less drain on your energy and time.

Slowly, Slowly

Take things easy, especially in the first few days or weeks of a lifestyle change. Doing too much, too soon can be overwhelming. Don't expect results overnight. Small steps are better than large leaps as they are likely to maintain motivation and enthusiasm.

Dodge temptation

Don't put yourself in situations where you know the temptation to break your new habit will be high. Make alternative arrangements until you've broken your old habit.

Set powerful goals

Focus on why you are making this change and how you are going to get there. Make your goals personal and meaningful such as I want to give up smoking to set a good example and be a role model to my grandchildren.

See yourself achieving

If times get tough focus on visualising your success. Believe you can achieve and you'll be much more likely to succeed.