

## SUSTAINED ACTION PHASE

### Action-Able Exercise SA4:

# Strengthen your willpower

Do a task you don't want to do. Keep it short, less than five minutes, and set a timer. For example, you might respond to an email you've been avoiding or sweep up the mouse poop in your garage or read an opinion piece written by someone you disagree with politically.

Practice awareness of your discomfort and willingness while you stick with the task until the five-minute timer goes off.

Since you could do this arbitrary action, you can find willingness to do a two-minute action for your resolution even when you don't want to. Re-Fuel yourself with self-care or support first. Focus on your commitment to your Future Self and the reasons your goal matters.

Take notes about these experiences and how you activated your willpower and determination to act.

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