

The Willpower Instinct

by Kelly McGonigal

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

⁰¹ **Run a ten-minute delay**

Pick one recurring temptation and add a ten-minute waiting period. During the wait, name the sensation, breathe slowly, and decide again after the wave changes.

MON TUE WED THU FRI SAT SUN

⁰² **Write the future-self sentence**

Before a hard choice, finish this sentence: Tomorrow I will be glad I chose this because... Keep it visible where the impulse usually happens.

MON TUE WED THU FRI SAT SUN

⁰³ **Track one willpower failure without judgment**

For three days, record the trigger, body state, emotion, and story around one lapse. Do not fix it yet. Make the pattern visible first.

MON TUE WED THU FRI SAT SUN

⁰⁴ **Replace shame with a restart ritual**

When you slip, say what happened plainly, choose the next smallest repair, and do it within five minutes. No Monday restart, no identity verdict.