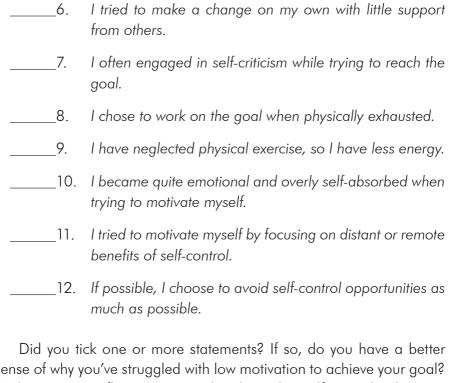
EXERCISE: Weak Willpower-Strategies Checklist

Choose a time when weak willpower was particularly relevant to your personal distress. Next read through the following statements and place a tick (\checkmark) beside the statements that help to explain your lack of willpower at the time.

1.	I was spread too thin; trying to exercise self-control over too many different things at once.
2.	I was not pursuing a valued or well-defined goal.
3.	I was focused on a goal that would not produce much improvement in my current situation.
4.	I never really believed I could attain the goal.
5.	I was trying to motivate myself while in a negative mood state.



Did you tick one or more statements? If so, do you have a better sense of why you've struggled with low motivation to achieve your goal? Each statement reflects a strategy that diminishes self-control. When you have strong willpower, you're using more effective motivation strategies, but when self-control is weak, you resort to easier but less effective motivation strategies (refer to the checklist items you endorsed).