

Controlling Yourself.

People who can control themselves do better than those who can't. So this tells you how to do it.

Step 1: Decide what you want.

Examples:

- I am going to be friendly to people.
- I am going to eat and drink healthy.
- I am going to save some money regularly.
- I am going to get fit.



Step 2: Get a plan.

Get a bit of paper and jot down your ideas. Get ideas from other people if you like. Then make a plan like the example over the page.

Step 3: Make sure you do what you have planned.

Planning is great fun, but it is really important that you act on your plan.



Step 4: Never give up!

Don't expect to succeed first time. So long as you never give up, you will eventually get what you want.



Example:

Jo wanted to save up some money.

He wrote down various ideas in his plan as follows:

- Don't spend so much.
- Don't drink so much.
- Don't buy so many things for other people.
- Get a savings account that won't let me get at my money straight away.
- Put money into the savings account every Friday.

The most important thing for Jo turned out to be opening the savings account and putting money into it every Friday. Friday was a good day because that was when he got paid and it didn't seem so bad putting money into the account. And then, because he had less money, he had to be much more careful how he spent it.

Eventually, Jo had saved over £2000 in his savings account.



In session.

How have you succeeded in controlling yourself before? How did you do it?

What do you want to achieve right now?

Choose something you want to achieve and work on planning for it, like the example.

Project.

Act on the plan you have worked out.

Mythbuster.

'If you haven't got any will power then there is nothing you can do about it.' **Not true.**

People who do things like we've said here achieve things they otherwise couldn't do.