



Self-Control

- Strength of will

What is self-control?



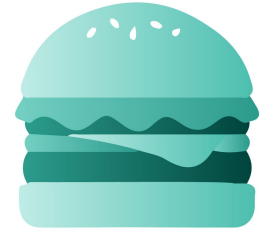
Doing what's best despite short-term temptations

“The most important scientific discovery about self-control is that it can be taught.”

— Walter Mischel

Why does self-control matter?

- Sometimes, what makes you happy right now isn't good for you in the long run.
- For instance, junk food tastes great but isn't healthy.
- People with more self-control do better in school and at work, make more money, have better relationships, and are healthier and happier.



Pulse Check

How many of these things are true for you?

- I did my homework right away, rather than procrastinating.
- Instead of getting distracted while studying, I stayed focused.
- Because I planned ahead, I was prepared for what I needed to do.
- I didn't do things I knew I'd later regret, like eating unhealthy snacks.

