

5-7: Willpower Hacks!

Here are some tried 'n true hacks known to help us be successful in various situations. Do any apply to you?

The “Stop Snacking after Dinner” Hack

If you wish to eat more healthfully yet tend to snack before bed, try brushing and flossing your teeth right after dinner to reduce your impulse to eat again.

The “Early Morning Exercise” or “Early Team Practice” Hack

Before bed, have everything you need for your morning run or team practice laid out and ready to go. By eliminating the need to prepare in the morning, you'll be less likely to roll over and go back to sleep.

The “Read Instead of Scroll Before Bed” Hack

At night, only have books that interest you within easy reach of your bed. To ensure success, shut off your phone and place it in another room to charge.

The “25-minute-on, 5-minute-off Study” Hack

Instead of overwhelming yourself with hours of intense cramming, set your timer for twenty-five minutes and use the last five minutes to rest, grab a snack, drink some water, or do some gentle stretching or exercise. Studies show that half-hour increments are much less daunting, and our brains retain information better in shorter bursts.

The “Make a Checklist” Hack

Writing down all the things you'd like to get done the night before you have a busy day is a great way to stay organized and feel in control. It only takes a few minutes, but it goes a long way in reducing anxiety and easing us into a good night's sleep.