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# Turn Impulse to Impetus

Develop self-control and achieve goals by setting SMART goals, overcoming perfectionism, and using nudging techniques.



## Small change, big difference

small changes turn into significant impact overtime.

## Perfectionism -no-go

embrace imperfection to maintain progress

## Plan with Temptation

have a strategy to handle temptation.

## Willpower

make healthy choices habitual to prevent the need for constant willpower

## Maintain Joy and Composure

don't let external factors interrupt your inner peace

# Top 10 Teaching Points

1

People with the most self-control don't have some magical strength that the rest of us don't –rather, they are the most effective at making small changes that add up to a big difference.

2

Forming new habits, setting SMART goals, and making plans to deal with temptation are just a few examples of tools that can help you trade immediate gratification for choices that align with your personal values.

3

Let go of perfectionism, as setting unrealistically high standards can lead to frustration and even abandoning your goals if you fall short.

4

Self-efficacy is having confidence in your capability to exert control over your motivations, behaviors, and social environment.

5

If we can shift focus from a reactive state into a more proactive mindset instead, we'll learn that a purposeful sense of self-efficacy helps lead us through any situation.

6

No person, place, or thing can rob your joy, serenity, or composure unless you willingly surrender those positive or centered feelings to the external factors that challenge you.

7

“Nudging” is a technique where you strategically altering your environment to gently steer yourself towards making better choices.

8

Reduce the need to exercise willpower by making healthy choices into habits.

9

You can make it easier to adopt new habits by ensuring that they include the following: Cue, Craving, Response, and Reward.

10

Make the goals you set for yourself SMART Goals by ensuring they are: Specific, Measurable, Achievable, Relevant, and Time-Constrained.

## KEY

# TAKEAWAYS

01 | Building Self-Control through Small Changes

02 | Setting SMART Goals

03 | Overcoming Perfectionism

04 | Utilizing Nudging Techniques

05 | Developing Self-Efficacy