

Willpower Self-Check Worksheet

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Use this worksheet alongside our guide, **How to Build Willpower: A Science-Backed Guide to Stronger Self-Control**. Spend five minutes filling this in honestly. There are no wrong answers here, only useful ones.

Step 1: Where Do You Stand Today?

Tick the box next to every statement that feels true for you right now.

SIGNS OF STRONG WILLPOWER	
I can delay a reward without constant internal struggle	☐
I recover quickly after a setback instead of spiraling	☐
I follow through on plans even when motivation is low	☐
I rarely need outside pressure to complete tasks	☐

SIGNS OF LOW WILLPOWER	
I start tasks and abandon them halfway	☐
I feel controlled by cravings, notifications, or impulses	☐
I make the same resolution repeatedly without change	☐
I blame lack of time instead of recognizing avoidance	☐

More ticks in the second box simply mean you know exactly where to start. That is progress, not failure.

Step 2: Your If-Then Plan

Decide in advance what you will do when temptation hits. Fill in three real situations from your own life.

IF THIS HAPPENS...	THEN I WILL...

7-Day Willpower Tracker

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Pick ONE habit to focus on this week. Every day, write W for a win if you followed through, or M for a miss if you did not. Add one honest word about what helped or hurt.

Habit I am building this week: _____

Day	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Win / Miss							
One-word note							

Weekly Reflection

1. Which day was my strongest, and what made it easier?

2. Which day did I slip, and what triggered it?

3. One environment change I will make next week:

4. One reward I will give myself for showing up this week:
