

Date: _____

Self-Reflection Activity: Initiatory Self-Control

Self-control is the capacity to override, change, or interrupt one's inner responses and behavioral tendencies. *Initiatory self-control* refers to one's capacity to initiate an adaptive or beneficial behavior, especially goal-directed behavior, despite discomfort.

Think about your experiences **in the past 7 days**. Was it easy for you to start pursuing your goals despite short-term discomfort? On a **scale from 1-10** (1 = strongly disagree, 10 = strongly agree), rate how much you agree with each of the following statements to identify your current thoughts, feelings, and behaviors related to *initiatory self-control*.

Rating

- _____ 1. I was not lazy last week.
- _____ 2. I found it easy to start tasks that required concentration last week.
- _____ 3. I was able to work effectively toward long-term goals last week.
- _____ 4. Last week, I was able to stay motivated even through mundane tasks.

Digging Deeper

Based on your ratings above, how satisfied are you with the way you exhibit initiatory self-control? Explain your reasoning.

How do you typically express initiatory self-control in day-to-day life?

Consider a past or current role model/mentor. What is admirable about the way they express initiatory self-control?

When you struggle, how might initiatory self-control help you persist?

What are one or two small steps you might take to further develop initiatory self-control?

The Extra Mile

If you feel up to the challenge, we invite you to tackle one of the following growth activities. These may take more time or push you out of your comfort zone, but meaningful engagement is a worthy investment. Good luck!

1. In a journal or on a separate piece of paper, write about a time this week when you *did not* demonstrate initiatory self-control. What were some outcomes? Would you do anything differently next time?
2. Think of one of your current goals and write down some actions that you need to take to achieve that goal. Forming implementation intentions is a way to promote initiatory self-control. For each of the actions you listed, write a sentence with the following formula and commit:

"I will [*do action*] at [*time*] in [*location*]."