

How to succeed



- ▶ **Remember that you** ¹ _____
choose to resist temptation if you want to.
Just because you ² _____
stop yourself yesterday, doesn't mean you
³ _____ never do it.
- ▶ **Think about something else.** If you
⁴ _____ turning your
attention away from the chocolate for a while, you
may forget about it altogether.
- ▶ **Stop for a minute.** Perhaps you felt you
⁵ _____ spare the
time to go for a run yesterday? But if you stopped
and really thought about it, you'd see it was much
more important than many of the things you did
⁶ _____ do.
- ▶ **Think ahead.** Plan for the future and you will
⁷ _____ achieving your
goals.
- ▶ **Never buy things on impulse.** Go home and think
about it. If you really like it, you ⁸ _____
_____ (still) buy it
tomorrow, or next week.
- ▶ **Spend time with people who are**
⁹ _____ **resist**
temptation themselves. Pick up some valuable
lessons by observing someone whose patience you
admire.