

Steps to build Self-Control

1. **Identifying Purpose/Aim** why you want to control on a particular habit
2. Consciously **becoming a Traffic Policemen** of your mind
3. **Monitoring what is going inside your mind** & whenever the situations reoccurs where you need to control your instincts, strongly remind yourself of the purpose. Eg: As we have discussed the example of smoking in lecture, remember when you get that maximum urge, then is where you've to remind yourself why you've quit, so that you don't regret later.