

“I’m going to get up early tomorrow and study English.” _____
 _____, you _____ alarm _____ 6 a.m. The next morning,
 however, you found yourself _____ a completely _____ person,
 _____ to stay in bed for as long as possible. Have you ever
 experienced anything like this? If you have, you are not _____. Even
 _____ we have only one brain, we have a variety of _____
 _____. Depending on which mind is _____, we _____ quite
 differently and often end up breaking a _____ we made
 _____. However, understanding the science _____
 _____ give you greater _____ to _____
 _____ to you.

“I’m going to get up early tomorrow and study English.” Being hopeful,
 you set your alarm for 6 a.m. The next morning, however, you found
 yourself being a completely different person, wanting to stay in bed for as
 long as possible. Have you ever experienced anything like this? If you
 have, you are not alone. Even though we have only one brain, we have a
 variety of minds in ourselves. Depending on which mind is active, we
behave quite differently and often end up breaking a promise that we
 made with ourselves. However, understanding the science of willpower
will give you greater strength to pursue what matters to you.

alone	1人だけ、孤独な	pursue	追求する
end up	結局～になる	matter	重要である
willpower	意志力		

The Science of Willpower #2

Many of us think that our _____ mind is a kind of the CEO of our _____ and has total control _____ behaviors. However, the mind actually _____ a lot of different players that sometimes collaborate _____ sometimes _____ control. Our _____ mind is never the CEO, but _____ one of the _____ members. When the alarm rings at the time you decided last night, those players _____ . Some of them want to _____ and push you to wake up, _____ you to get more sleep. “We ate too much last night. _____ slowly _____.” “The _____ system is not yet fully recovered. We should still _____.” “We need a lot more sleep _____ brain.” Eventually, your rational self is _____ and the _____ is to “get more sleep.” Then, you _____ the snooze button and go back to sleep. Your rational and conscious _____ is just one among many other factors that have an influence on your decisions. You never have an _____ over your behaviors. The good news is _____, _____, realizing _____ not the CEO can be the first step _____ getting some real power.

Many of us think that our conscious mind is a kind of the CEO of our lives and has total control over our behaviors. However, the mind actually consists of a lot of different players that sometimes collaborate yet sometimes fight for control. Our rational mind is never the CEO, but merely one of the board members. When the alarm rings at the time you decided last night, those players have an argument. Some of them want to keep the promise and push you to wake up, while others convince you to get more sleep. “We ate too much last night. Let us slowly digest.” “The immune system is not yet fully recovered. We should still be asleep.” “We need a lot more sleep to rest our brain.” Eventually, your rational self is outnumbered and the majority vote is to “get more sleep.” Then, you hit the snooze button and go back to sleep. Your rational and conscious self is just one among many other factors that have an influence on your decisions. You never have an absolute control over your behaviors. The good news is that, paradoxically, realizing you’re not the CEO can be the first step towards getting some real power.

conscious	自覚、意識のある	convince	確信させる、納得させる
CEO	最高経営責任者	immune	免疫の
consist	～からなる	eventually	結局、ついに
rational	理性的な、合理的な	outnumber	数で上回る
merely	単なる、ただの	vote	投票、票
board	委員会	paradoxically	逆説的に
argument	議論、論争		

The Science of Willpower #3

Our future _____ just as busy and lazy as we are today. However, psychologists have shown that we often _____ a free time and energy that we have in the future. Instead of _____ our future selves and expecting them to do what _____ cannot do, we need to study our _____ selves and find a way to _____ them. If you want to wake up early and study English, _____ more difficult for your future self to _____. For example, you can put your alarm clock across the room so you'll have to _____ bed to _____. Another strategy is to _____. Studies from neuroscience _____ that we _____ feel motivated unless we start acting. Motivation _____ when you tentatively start something. In order to get started, it's smart to make your _____ small. Setting your goal to study English for just 1 minute a day _____ you want to study more, will help motivate you to start studying. As long as you get started, _____ most cases, you will end up studying for much longer than _____.

Our future selves should be just as busy and lazy as we are today. However, psychologists have shown that we often overestimate the amount of free time and energy that we have in the future. Instead of idealizing our future selves and expecting them to do what our present selves cannot do, we need to study our tempted selves and find a way to outwit them. If you want to wake up early and study English, make it more difficult for your future self to slack off. For example, you can put your alarm clock across the room so you'll have to get out of bed to turn it off. Another strategy is to lower the bar. Studies from neuroscience have shown that we won't feel motivated unless we start acting. Motivation will occur when you tentatively start something. In order to get started, it's smart to make your objectives ridiculously small. Setting your goal to study English for just 1 minute a day even if you want to study more, will help motivate you to start studying. As long as you get started, in most cases, you will end up studying for much longer than a minute.

overestimate	過大評価する	slack off	怠ける、手を抜く
idealize	理想化する	neuroscience	神経科学
tempted	誘惑された、衝動に駆られた	tentatively	とりあえず、躊躇しがちに
outwit	知恵で出し抜く	objective	目標

When you have a _____, do you go _____ yourself and blame your laziness? _____ nice to yourself and _____? If you think that the _____ willpower _____ harder on yourself, you are not alone. However, you are wrong. Self-criticism actually _____ less motivation and _____ self-control. For example, a study at Carleton University in Canada _____ of students _____ entire semester. Lots of students _____ studying for the first exam, but not every student _____. Students _____ harder on themselves _____ on their first exam were more likely to procrastinate again on the final exam than students who forgave themselves. These findings may sound _____. Many people believe that being nice to yourself when you have a setback _____ only _____. However, self-criticism and the _____ occupies your mind, preventing you to accept reality and _____ how the failure happened. Everyone makes mistakes and experiences setbacks. How we _____ these setbacks _____ more than the fact that they happened. When you oversleep and cannot study English in the morning, you would rather tell yourself, “Well, it happens to everyone. It is just _____ self was stronger than my _____ self today. How can I improve tomorrow?”

When you have a willpower failure, do you go hard on yourself and blame your laziness? Or be nice to yourself and forgive your setback? If you think that the key to greater willpower is being harder on yourself, you are not alone. However, you are wrong. Self-criticism actually results in one having less motivation and worse self-control. For example, a study at Carleton University in Canada tracked the procrastination of students over an entire semester. Lots of students put off studying for the first exam, but not every student made it a habit. Students who were harder on themselves for procrastinating on their first exam were more likely to procrastinate again on the final exam than students who forgave themselves. These findings may sound counterintuitive. Many people believe that being nice to yourself when you have a setback will only lead to further indulgence. However, self-criticism and the resulting shame or guilt occupies your mind, preventing you to accept reality and reflect on how the failure happened. Everyone makes mistakes and experiences setbacks. How we handle these setbacks matters more than the fact that they happened. When you oversleep and cannot study English in the morning, you would rather tell yourself, “Well, it happens to everyone. It is just that my tempted self was stronger than my rational self today. How can I improve tomorrow?”

setback	つまづき、挫折	indulgence	墮落、甘やかし
track	追跡する	occupy	占拠する、忙殺する
procrastinate	引き伸ばす、先延ばしする	reflect	熟考する
counterintuitive	直感に反した		

Nobody can _____ good _____ a single willpower failure just by learning this lesson. Anyone can experience _____. But just knowing that you may _____ your challenge turns out to be an important _____ willpower. _____ is quite helpful for long-_____ success. Studies _____ people who are most _____ about their ability _____ the habit give up sooner and _____ most likely to fail. When we have optimistic _____ about our future selves, we _____ to do it today because we think we will _____ today's behavior tomorrow. For example, people on a diet who _____ exercise tomorrow are more likely to eat something unhealthy today. _____, when you expect your tomorrow _____ to get up early to study English, you will probably skip the habit today. However, "tomorrow" is going to be "today" 24 hours later. If you _____ today, you will do it again tomorrow. We should not _____ such a thing _____ willpower. Instead of being confident in our future _____, we need to _____ how we can possibly fail and do whatever we can to prevent it. When we do fail in our willpower challenges, we should _____ the situation to figure out the cause. How did I _____ the _____? How did I _____ myself? Every failure becomes an opportunity to learn more about and improve ourselves.

Nobody can acquire good habits without a single willpower failure just by learning this lesson. Anyone can experience a setback. But just knowing that you may fail in your challenge turns out to be an important source of willpower. Constructive pessimism is quite helpful for long-term success. Studies show that people who are most optimistic about their ability to keep the habit give up sooner and are most likely to fail. When we have optimistic predictions about our future selves, we tend not to do it today because we think we will make up for today's behavior tomorrow. For example, people on a diet who intend to exercise tomorrow are more likely to eat something unhealthy today. Similarly, when you expect your tomorrow self to get up early to study English, you will probably skip the habit today. However, "tomorrow" is going to be "today" 24 hours later. If you slack off today, you will do it again tomorrow. We should not rely on such a thing as our own willpower. Instead of being confident in our future selves, we need to realistically predict how we can possibly fail and do whatever we can to prevent it. When we do fail in our willpower challenges, we should examine the situation to figure out the cause. How did I give in to the temptation? How did I excuse myself? Every failure becomes an opportunity to learn more about and improve ourselves.

acquire	獲得する	examine	調べる
pessimism	悲観主義	give in	屈する
optimistic	楽観的な	temptation	誘惑、衝動
make up for	補う、償う、帳消しにする	excuse	許す、言い訳する
predict	予測する		