



## Giving Up Temptation By Using Will Power

01

### Listing Temptation:

#### Objective:

identifying these temptations

#### Activity:

To begin this activity, students will take time to reflect on the various distractions that prevent them from reaching their full potential. This could include gadgets, environmental noise, or even internal distractions like daydreaming.

#### Example:

A student often finds it hard to focus on homework because they get distracted by social media notifications on their phone. Having the TV on while studying. □ Noise from surroundings.

02

### Solutions to Minimize Temptations:

#### Objective:

create an ideal space for concentration.

#### Activity:

Once the students have identified their distractions, they will now come up with actionable solutions to remove or limit them. The aim of this step is to empower students to take control of their environment and create an ideal space for concentration. (pressure).

#### Example:

- Distractions: Turn off phone notifications and use apps that block social media during study sessions.
- External Circumstances: Establish a quiet, dedicated study area at home to minimize distractions from family activities

03

### Progress Tracking

#### Objective:

understanding the effectiveness

#### Activity:

Students will write down when they encountered a distraction, how they dealt with it, and whether or not they were successful in minimizing it. 3. Students will rate their Will Power level each day on a scale from 1 to 5 (1 being very tempted, and 5 being highly powered by will power).

#### Example:

Here's a table summarizing the day, temptations encountered, solutions applied, and willpower levels:

Day	Temptation Encountered	Solution Applied	Will Power Level (1-5)
Monday	Checked phone too often	Turned phone off	4
Tuesday	Family interruptions	Closed door and informed family	3

04

### Environmental Adjustments

#### Objective:

removing distractions

#### Activity:

In some cases, simply removing distractions may not be enough. This step guides students to modify their current environment to make it more conducive to focus.

#### Example:

A student can tidy their desk and put away all non-study-related items before starting their homework.

Environmental Adjustments Made

1. \_\_\_\_\_
2. \_\_\_\_\_



CAPTURE IMAGES, VIDEOS OF ALL THE 4 STAGES OF THE PROJECT AND COMPILE AND SHARE THE FINAL PROJECT WITH LINKS OF IMAGES AND VIDEOS IN



# **Annexure**

## **HEMA Foundation**

### **Will Power Project**

Willpower is often described as the ability to resist short-term temptations in order to meet long-term goals. In students, willpower plays a critical role in academic success, emotional regulation, and personal development. It is the driving force that helps them stay focused, overcome distractions, and persist through challenges. Developing strong willpower equips students with the discipline needed to manage time, complete tasks, and resist distractions, which is essential in both academic and personal growth.

Research on willpower in students suggests that it is a limited but renewable resource. According to studies, students who can exercise willpower effectively tend to achieve better academic outcomes and exhibit higher levels of emotional regulation and resilience. However, research also indicates that willpower can be easily depleted by stress, distractions, or constant temptations. For instance, students with low self-control are more likely to procrastinate, experience academic underperformance, and struggle with maintaining focus. Moreover, students who lack proper strategies to manage distractions may find themselves stuck in a cycle of low productivity, leading to frustration and a decline in overall motivation.

The activities designed such as Giving Up Temptation By Using Will Power and Overcoming Lack of Willpower and Building Discipline, directly address the gaps identified in research. By encouraging students to identify temptations and create a plan to manage them, the Giving Up Temptation By Using Will Power activity helps build self-regulation and enhance focus and develop will power. Tracking their progress over time strengthens their capacity to maintain long-term attention and discipline. Similarly, the Overcoming Lack of Willpower and Building Discipline activity fosters external support through peer partnerships, enabling students to reinforce their willpower through daily routines and mutual encouragement. This approach leverages the power of social accountability, a proven method for building resilience and consistency, which research shows can significantly improve willpower, identify their barriers and goal attainment. By

participating in these structured activities, students not only develop the self-discipline needed to improve their academic performance but also build emotional resilience and life skills essential for long-term success.

The beauty of these activity is that it can be used for a wide variety of beliefs, predictions and behaviors, from big to small, positive to negative, meaningful to trivial, and everything in between. It instills hope and willpower in the minds of students. It makes them overcome the situation by depending on their strengths and improving their challenges.

## **1.Giving Up Temptation By Using Will Power**

### **Project: Individual**

#### **Introduction:**

The goal of this activity is to help students identify and remove temptations that hinder their ability to develop will power and perform well in their studies or daily tasks. By mastering the skill of minimizing temptations, students will be able to stay focused and improve their overall productivity and develop will power.

#### **Instructions :**

- Be open and honest in your responses. This worksheet is for your personal reflection, and there is no judgment.
- Take your time to think deeply about each question. Your insights are valuable and can help you gain a better understanding of your emotions.
- If you feel comfortable, you can discuss your reflections with a trusted friend, family member, or a counselor to gain additional support and perspective.

By completing this worksheet thoughtfully, you are leaning to overcome your temptations with will power , leading to more successful and contended life.

## **Worksheet 1: Giving Up Temptation By Using Will Power**

**Project type : Individual**

**Student Name :** \_\_\_\_\_

**Standard :** \_\_\_\_\_

**Date :** \_\_\_\_\_

### **Step 1: Listing Temptation:**

To begin this activity, students will take time to reflect on the various distractions that prevent them from reaching their full potential. This could include gadgets, environmental noise, or even internal distractions like daydreaming. By identifying these temptations, students can take the first step toward eliminating them. The students will be given 2 weeks of time to complete this.

### **Instructions :**

1. Students will sit quietly and think about what often distracts them while they are studying or trying to focus.
2. Each student should make a list of these distractions in their notebook. The list can include distractions like:
  - Using mobile phones or electronic gadgets.
  - Having the TV on while studying.
  - Noise from surroundings.
  - Thinking about unrelated topics during study sessions.
  - Social media notifications
  - Video games
  - Family conversations in the background.

### **Temptation List**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## **Step 2: Solutions to Minimize Temptations:**

Once the students have identified their distractions, they will now come up with actionable solutions to remove or limit them. The aim of this step is to empower students to take control of their environment and create an ideal space for concentration.

1. Ask each student to look at their list of temptations and think of solutions to minimize each one.
2. Encourage students to write down the steps they can take to eliminate or reduce each distraction. **For example:**
  - Turning off mobile notifications or using “Do Not Disturb” mode during study time.
  - Changing the study location to a quieter area.
  - Using noise-canceling headphones or playing instrumental music for focus.

### **Solutions to Temptations**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## **Step 3: Progress Tracking:**

Tracking progress is crucial to understanding the effectiveness of the changes students make in minimizing distractions. This step helps students reflect on their successes and areas where they can improve.

1. Students will make a progress tracker of 2 weeks. They will monitor their ability to stay focused over a two-week period.
2. Students will write down when they encountered a distraction, how they dealt with it, and whether or not they were successful in minimizing it.
3. Students will rate their Will Power level each day on a scale from 1 to 5 (1 being very tempted, and 5 being highly powered by will power).

### **Example:**

*If a student successfully avoids using their phone for a study session, they can note it in their tracker and rate their will power level for that day.*

Day	Temptation Encountered	Solution Applied	Will Power Level (1-5)
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			

#### Step 4: Environmental Adjustments:

In some cases, simply removing distractions may not be enough. This step guides students to modify their current environment to make it more conducive to focus.

1. If students cannot change locations, ask them to think of small adjustments to make their current environment better suited for studying.
2. These adjustments could include:
  - Tidying up the workspace to remove clutter.
  - Setting up proper lighting for better concentration.
  - Creating a comfortable seating arrangement.
  - Using apps that limit distractions, like website blockers or study timers.

#### Example:

*A student can tidy their desk and put away all non-study-related items before starting their homework.*

#### Environmental Adjustments Made

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

#### Step 5: Setting Deadlines and Rewards:

Setting clear deadlines and offering rewards can motivate students to stay on track. This step helps students develop discipline and enhance their ability to resist temptations.

1. Students will set small, achievable deadlines for tasks, such as completing a set amount of reading within 30 minutes.
2. Encourage students to establish a reward system. For example, if they stay focused for an hour, they can take a short break or treat themselves to something enjoyable.
3. Remind students to ensure that their rewards do not reintroduce distractions, such as spending time on a mobile device.

**Example:**

*Students may reward themselves with a healthy snack or a 10-minute outdoor walk after successfully completing their study session.*

Deadlines	Reward

**Step 6: Reflection and Report:**

At the end of the two-week period, students will reflect on how successful they were in minimizing distractions and what challenges they encountered.

Students will write a report reflecting on the following:

- What were the main distractions that I faced?

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- How effective were the strategies in minimizing these distractions?

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- Were they able to stay focused most of the time? If not, what were the barriers?

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- How did minimizing distractions impact their productivity and focus?
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- 

- If they didn't meet their goals, what further steps can they take?
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- 
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## **Sample Worksheet 1: Giving Up Temptation By Using Will Power**

### **Step 1: Listing Temptations**

#### **Distractions List:**

1. Mobile phone notifications, especially social media alerts.
2. TV shows or background noise at home.
3. Thoughts drifting to unrelated topics during study.
4. Friends messaging during study time.
5. Siblings or family members interrupting during study.

### **Step 2: Solutions to Minimize Temptations**

#### **Solutions:**

1. **Mobile Phone Notifications:** Turn on "Do Not Disturb" mode or place the phone in another room while studying.
2. **TV/Background Noise:** Study in a quieter place, such as a library or a dedicated study room.
3. **Drifting Thoughts:** Use a timer to set short study sessions (e.g., 25 minutes of study, followed by a 5-minute break) to refocus.
4. **Friends Messaging:** Let friends know about your study schedule and ask them not to disturb you during this time.
5. **Family Interruptions:** Set clear boundaries with family members by informing them about your study hours.

### Step 3: Progress Tracking

#### Focus Tracker Example (First Week):

Day	Temptations Encountered	Solution Applied	Will Power Level (1-5)
Monday	Checked phone too often	Turned phone off	4
Tuesday	Family interruptions	Closed door and informed family	3
Wednesday	Daydreaming during study	Used a timer for study breaks	5
Thursday	TV in the background	Moved to a quieter room	4
Friday	Friends texting	Turned off notifications	5

### Step 4: Environmental Adjustments

#### Adjustments Made:

1. Tidied up the study desk and removed any items not related to studying.
2. Set up good lighting to avoid eye strain.
3. Played instrumental background music to help focus.
4. Used an app like “Forest” to block distracting websites and track focused time.
5. Created a comfortable seating arrangement to avoid fidgeting.

### Step 5: Setting Deadlines and Rewards

Deadlines	Reward
Complete two chapters of reading in 1 hour	Take a 15 minutes walk outside
Finish Math homework by 5PM	Watch 30 minutes of a favourite show

### Step 6: Reflection and Report

- **What were the main temptations that I faced?**

*My main temptations were mobile phone notifications and background noise from the TV.*

- **How effective were the strategies in minimizing these temptations?**

*Turning off notifications and studying in a quieter place helped me stay focused most of the time. Using a timer also made me more aware of how much time I spent daydreaming.*

- **Were they able to stay focused most of the time? If not, what were the barriers?**

*I was able to stay focused for most of the study sessions. However, on some days, family interruptions were harder to manage.*

- **How did minimizing temptations impact their productivity and will power?**

*Minimizing temptation improved my productivity. I completed my assignments faster, and I was more efficient with my time.*

- **If they didn't meet their goals, what further steps can they take?**

*The biggest challenge was handling unexpected family interruptions. In the future, I will try to set clearer boundaries and use noise-canceling headphones if needed.*

## **2.Overcoming barriers with Willpower and Building Discipline**

### **Project Type: Group**

### **Introduction:**

Willpower is developed through consistent effort and practice. By having peers to check in with daily, students are more likely to stay on track, push past distractions, and improve their ability to resist temptations. Overcoming Lack of Willpower and Building Discipline is designed to help students strengthen their self-discipline and resilience through consistent effort and peer support. In this group activity, students will identify the tasks they struggle to complete due to lack of willpower, such as academic, physical, or personal goals. By working in groups of four, they will create daily routines, set personal and group goals, and hold each other accountable for progress.

Through regular check-ins, students will provide support and encouragement to overcome distractions and stay committed to their goals. This activity fosters a sense of responsibility, positive peer pressure, and emotional support, helping students build the skills needed to resist temptations and improve their ability to focus. By the end of this activity, students will have developed stronger willpower, better time management, and more effective habits for long-term success.

### **Instructions :**

- Be open and honest in your responses. This worksheet is for your personal reflection, and there is no judgment.
- Take your time to think deeply about each question. Your insights are valuable and can help you gain a better understanding of your emotions.
- If you feel comfortable, you can discuss your reflections with a trusted friend, family member, or a counselor to gain additional support and perspective.

By completing this worksheet thoughtfully, children learn to resist temptations, allowing them to stay focused on long-term goals, whether it's completing homework, practicing a skill, or achieving personal milestones. Willpower teaches children to persevere through challenges and setbacks, helping them stay committed even when things get tough