## Design your environment for success

Proactively create plans to deal with obstacles, distractions, and temptations by using "If ... Then..," statements. In a research study, removing these challenges increased self-control and reduced the fatigue that students felt. In turn, students were more likely to achieve their study goals.  $_3$ 

Phones are one of the biggest distractors, so turn the notifications off and keep it out of sight.