

To be successful, is it necessary to be too smart?

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1. 10 ways to relax you to become smarter
2. 5 puzzles of young children that 95% of adults have to "twist their brains"
3. Attendance of 20 things is wasting your money

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Many people confuse having a **high IQ** and the ability to succeed in life. Of course, high IQ still brings good results in many things, but to be successful you don't have to have extremely high IQ. Instead of **self-control**, it is also called **self-control**.

Is autonomy too excessive?

Whether you are trying to lose weight or wake up earlier than usual, we will share with you research behind autonomy.

You don't need to be ' *extremely intelligent* ' to succeed, what you need is self-control.



Before talking about the limits of autonomy, we should first understand the benefits of autonomy. During the years of life, there are countless bad habits that we need to give up. For some people, it is possible to give up the habit of eating snacks. For others, it can **avoid delaying on the way of learning new skills**. Here's what research has found.

Researchers at the University of Pennsylvania investigated the autonomy of 8th grade students through school courses. They gave these students a small test, which had two choices: get \$ 1 immediately or wait a week to

receive \$ 2.

The results are quite interesting.

Students who decide to wait for a week to receive \$ 2 are often more likely to attend school, score higher and implement better rules. In other words, self-control, patience over a one-week period helps other results get better without **necessarily being extremely intelligent** .

In another study from Duke University, there were 1,000 participants. These subjects were monitored for health (*physical and mental*) from birth to age 32. Researchers found that **people with higher self-control were less likely to commit crimes, higher incomes and overall better health.**

Self-control is not to force yourself



Self-control is not to try to improve your will but to seek replacement. So what does this mean?

Suppose you want to quit smoking. Instead of finding hundreds of thousands of ways to not smoke, you should replace the smoking addiction by sipping some chocolate.

Researchers at the University of California, San Francisco have experimented with smokers. Half of them were called into a room full of grilled dishes, while the other half came into a room full of vegetables. After a period of time, they were asked to go out to rest. When going out, people who resist the grill are almost smoking continuously during the break.

Autonomy is limited, only the goal should be achieved within a certain time



The theory is that autonomy has certain limitations. Those who are determined not to use baked goods are a form of " *stress* ". By preventing stressful forms, they often desire another craving.

So, instead of trying to improve self-control, accept that **autonomy is limited**. Instead of giving up two habits at the same time, **choose a bad habit that needs to be removed in a certain time** .

See also: Writing on paper is a way to help people become smarter

Having fun!

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