One time or another, we have all said to ourselves something like, "I know what to do but I can't get myself to do it!" The "it" might be an exercise program, a diet, an awkward conversation, or any number of challenges that come up in our everyday lives. The 19th century psychologist and philosopher William James famously wrote about the difficulty of getting out of bed on a cold morning! Informally we talk about such dilemmas as matters of the will -- we lack the willpower. One might suppose that notions of will and willpower are old-fashioned ideas with no scientific validity. On the contrary, a rich body of research points to the reality of the will as a resource in directing our lives. The question is, what kind of a resource is it? We tend to think of the will as a reservoir of power that ideally, like the Energizer Bunny, can get us going and keep us going in the right direction. However, a more sophisticated conception of the will treats it more like a reservoir of strategic wisdom about self-management...the "thoughtful will." Without promising to double anyone's willpower, this session explores how the thoughtful will works.