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ClarkandCompany/Getty Images The ability to redefine short-term impulses that run counter to long-term goals is a hallmark of successful people. Studies have shown that people with strong self-control have better health, relationships, finances and careers. They are also less likely to have problems with overeating, overspending, smoking, alcohol or drug abuse, procrastination, and unethical behavior. Overcoming temptation also seems to be inherently beneficial - people with high self-control are also more satisfied with their lives and experiences of their lives as more meaningful. But is it always helpful to resist temptation? A small but growing body of research has begun to highlight the dark side of self-control, which has important implications for organizational life. Self-control can limit emotional experiences. One of the reasons why people with high levels of self-control resist temptations is because they experience less enticing desires. But it can also mean that these people have less intense emotional experiences; that is, they react to situations more neutrally. For example, high self-control can prevent employees from fully enjoying positive career results, such as promotion, promotion, promotion, and outstanding performance evaluation. Self-control can lead to long-term regret. When people think about their lives, they tend to regret that too much self-control (for example, choosing to work on fun) and miss the pleasure of life. This experience of regret arises only after time has passed. For example, a very successful CEO who had to make many sacrifices in her life to make her way to the top may feel that she has missed a lot of pleasures as she gets older and reflects on her life in general. Self-control can increase your workload. People tend to rely on others with high self-control, and this can make the latter feel burdened. For example, a staff member who exercises self-control very well may be overwhelmed by his colleagues' requests for tasks and responsibilities, as they all know that they will be able to meet all the requirements reliably. Self-control can be used for patients. Self-in-a-half people seem to be more successful in all their endeavors, including antisocial ones. Although people with high self-control are generally less likely to engage in illegal or antisocial activities (e.g. reckless driving or cheating) than people with low self-control when they engage in such activities, they are less likely to be caught. For example, even if people with high self-control can be highly valued employees in an organization, ironically they may be the most unethical behavior that goes unnoticed and unpunished. In addition, people with high self-control are better at observing social norms, even if they impose personally harmful behavior (e.g. (e.g., productivity-enhancing drugs). Self-control is not for everyone. For some people, exerting self-control can feel alienated - as if they are needed to suppress their true self. These people are less satisfied with self-control decisions. For example, an employee who makes decisions based largely on feelings may not be very happy with herself, even if she has managed to take on self-control and cope with the difficult task that has given her a promotion. This person may feel alienated from himself for paying so much attention to work at the expense of other needs and desires, such as spending time with friends and family. Self-control can lead to bias. Layans and politicians often see complex social problems (overeating, overspending, smoking, alcohol or drug abuse, crime, etc.) primarily as self-control problems. However, such an emphasis on self-control may overshadow the social, economic or political sources of these problems. For example, the obesity epidemic is often seen solely as a self-control problem. However, we know that the roots of this problem also lie in factors such as lower prices for processed foods, large portion sizes or increased sedentary nature of work and recreation. This one-sided emphasis on self-control, also called puritanical bias, reflects an ideology that places the blame for wrongdoing solely on the individual and ignores the influence of broader social factors. Thus, the basic social problems turn into just self-service issues. The same discrimination can occur at work when the boss accuses the employee of missing an unrealistic deadline. Self-control is an important tactic to achieve one's goals. However, instead of seeing self-control as the sole determinant of happiness and success, we should view it in a broader context in a more holistic way. In addition to self-control, acceptance of our weaknesses and limitations is also important. Psychologists call it self-compassion. Self-compassion does not lead to laziness and abandonment. In contrast, it helps people improve themselves by knowing themselves better and setting more realistic goals. Thus, instead of always being harsh on ourselves and pushing our limits, sometimes being kind to yourself may be the best way to achieve our goals in a self-congruent way. 18 March 2014 5 min. Read the opinions expressed by entrepreneurs of depositors are their own. The ability to control one's emotions and exercise self-control is considered one of the emotional intelligence and a key predictor of personal and professional success. However, it does not take the marshmallow test to find out that most of us are not so great in behavioral self-control. Plans such as saving money on Weight loss or training for exams often fail due to our inability to defer satisfaction when a new toy, a delicious cupcake or a night out with friends is also options on the table. We are often fully aware that adopting a long-term perspective would be much better to serve our interests and ultimately provide a greater reward. But what if we are more likely to devour this marshmallow at first sight and react more impulsively overall? Are we doomed to a life of mediocrity and low achievement? Not necessarily, according to a report in TIME, citing researchers from Cornell and Duke University. People with low impulse control lack overall intelligence, and do not delay satisfaction is always the right choice, especially in situations of uncertainty, according to record activity, further that impulsiveness has given us great researchers and entrepreneurs such as Steve Jobs. Related: 6 ways to strengthen your willpower muscles Yet knowing how to manage our impulses and developing greater self-control in pursuit of better results will pay dividends whether we're studying in graduate school or preparing for IPO Roadshow. Here are some tips that can help impulsive people better manage themselves and their resources: surround yourself with people who have high self-control. Research by Duke University, published in the journal Psychological Science, shows that people with low impulse control tended to seek and surround themselves with other people who had noticeably more self-control, ostensibly to contribute to their lack of skill in resisting temptation. Collaborating with someone more disciplined can be an effective strategy when you are working towards important goals like the last thing you want in a partner is a guy pushover that will fold right along with you when temptation winks at you. Distance of yourself - from yourself. The temptation comes not only in the form of a glazed doughnut. Hanging back at business meetings to avoid scrutiny is often more tempting than exposing your ideas to every critical analysis. Similarly, walking and presenting yourself to a potential investor at a networking conference can be the social equivalent of a root channel in the process. For those with low self-control, the impulse is often to avoid and retreat. Research at the University of Michigan, however, shows that when study participants engaged in introspective self-learning prior to an event, referring to themselves in the second or third person, either in or on their own behalf rather than in the first person, they experienced less distress in social situations, were better able to regulate negative emotions and were subsequently perceived as more successful by others. Thus, getting a little distance from ourselves can ease the temptation to remain silent when a good idea or a statement is needed. Related: Why self-disciplines are self-disciplined Make you stop the fresh start effect. Researchers from the Wharton School and Harvard Business School have found that conjuresing willpower to start a new project or new positive behavior can be as simple as using a personally significant time mark - such as starting a week, month or year, birthday, vacation or semester - to start things. And while we've all made New Year's resolutions that didn't survive the first Wednesday, the idea of a fresh start makes sense. Analyzing online search data, the researchers found that a spike in terms such as diet was regularly found earlier in the week rather than at the end of the week. The actual increase in gym attendance was measured in the procedures of university students, analyzing their time guidelines on general calendars that included Mondays, birthdays and semester starts among other fresh start benchmarks. Of course, sticking to it is a different story. To increase your chances of success in any endeavors that require sustained effort and impulse control, make your goals as crystal clear as possible to understand what is at stake. Recruit colleagues, friends or a coach who will hold you accountable, offer perspectives and provide honest feedback about your progress. It also helps to visualize a successful outcome to stay motivated when the going gets tough. The good news is that the more we stretch beyond our comfort zone and make an effort to try something new and different, the more we actually strengthen our cognitive ability to control our impulses and make better choices. From seemingly insignificant behaviors such as brushing teeth with the opposite hand to more substantial efforts, such as studying a tool, any activity that requires us to take control of our behavior, rather than coast on autopilot, will benefit us in achieving big, life-changing goals. Otherwise, there is always New Year's Eve. 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