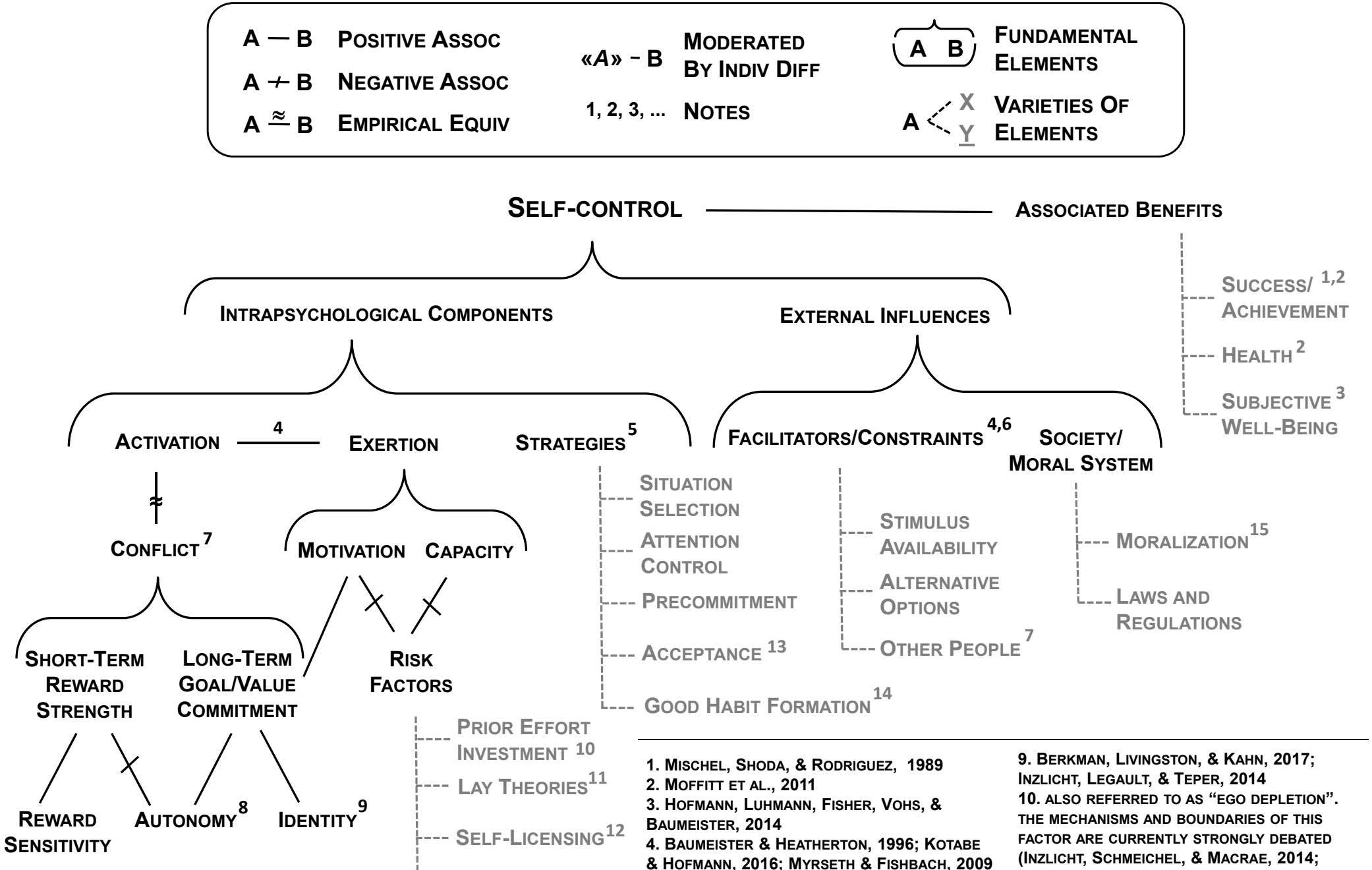

1. Mischel, Shoda, & Rodriguez, 1989
2. Moffitt et al., 2011
3. Hofmann, Luhmann, Fisher, Vohs, & Baumeister, 2014
4. Baumeister & Heatherton, 1996; Kotabe & Hofmann, 2016; Myrseth & Fishbach, 2009
5. Duckworth, Gendler, & Gross, 2016; Trope & Fishbach, 2000; Fujita, 2011
6. Thaler &Sunstein, 2009; Wansink, 2004
7. Hofmann, Baumeister, Foerster, & Vohs, 2012
8. Milyavskaya, Inlicht, Hope & Koestner, 2015
9. Berkman, Livingston, & Kahn, 2017; Inzlicht, Legault, & Teper, 2014
10. also referred to as "ego depletion". the mechanisms and boundaries of this factor are currently strongly debated (Inzlicht, Schmeichel, & Macrae, 2014; Hagger et al., 2016)
11. Job, Dweck, & Walton, 2010
12. Witt Huberts, Evers, & DeRidder, 2013;
13. Forman & Butryn, 2015; Friese, Messner, & Schaffner, 2012
14. Galla & Duckworth, 2015; Gillebart & DeRidder, 2015; Gollwitzer, 1999
15. Rozin, 1999