



My Self-Management Power

Name: _____

Helpful Words:

- **Self-Management** = being in control of my feelings and actions when things are super hard or super exciting
- **Lifestyle Goal** = the kind of life I want to live
- **Personal Competitive Advantage** = my special strengths and habits that help me grow

Directions:

Write or draw your answers to reflect on how you manage yourself. You can use words, pictures, or both!

Use the back of this sheet if you need more space.

1. Today, I managed my:

☐ Focus ☐ Emotions ☐ Energy ☐ Choices ☐ Other:

2. One moment I felt proud of today was:

3. A strategy that helps me stay in control is:

4. This is how I look/feel when I'm managing myself well:

5. I want to grow my personal competitive advantage by managing my:

6. One lifestyle goal I care about is:

7. Managing myself can help me reach it by: