

# Self-Management



**GREETING:** Ask someone next to you how they are doing today.

**INTRODUCTION:** Self-management is taking responsibility for your choices in order to meet goals for the future. It is a foundational element to making positive choices.

## DISCUSSION QUESTIONS

- What does it mean to manage yourself?
- How can be more responsible for your own choices?
- What skills do you think are involved in self-management?
- What are the benefits to improving self-management skills?
- Does self-management get easier or harder as you get older? Why do you think that?

### Activity #1

Assess your own self-management skills. Rate your skills from 0-10:

- Study Habits
- Managing Emotions
- Using Self-Control
- Persevering Through Challenges

### Activity #2

The choices you make today impact your future self! List three positive choices you made this week that could impact you in the future.

### Activity #3

Improving your self-management skills can help YOU be in control of you. What are some decisions you want to be in control of? How can you make that happen?

**CLOSING:** Self-management is all about keeping yourself on track! What is one way you can keep yourself on track this week?

**FINAL THOUGHTS:** Share any final thoughts, questions, concerns, or needs.