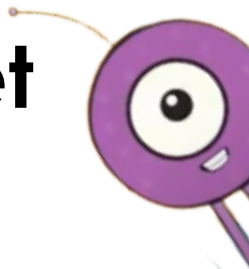
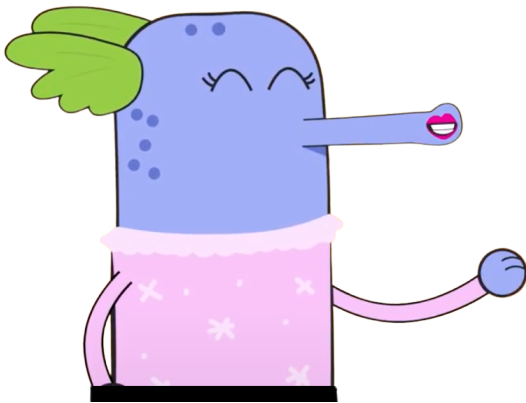


Self-management Worksheet

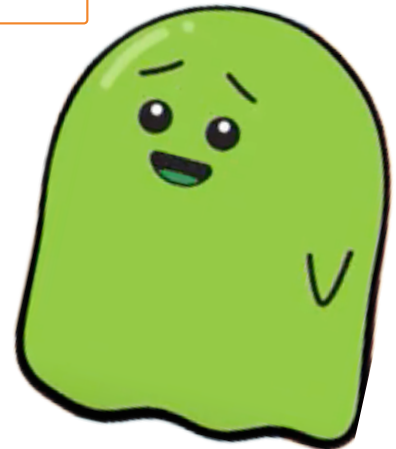


I am good at...

I need help with...



What will I improve?



How will I make these improvements?

If my plan doesn't work, what will I do?

