

SELF-MANAGEMENT GROWTH

Date: _____

01. EMOTIONAL AWARENESS

How would I describe my primary emotion today?

Intensity Level (1-10)

02. IMPULSE CONTROL

A moment I paused before reacting:

03. STRESS REGULATION

Tool used (e.g., breathwork, movement):

Proactive Recovery

Boundaries Set

Environment Shift

04. COGNITIVE REFRAME

Negative thought vs. Objective truth:

05. GROWTH REFLECTION

What did I learn about my triggers today, and how will I manage them tomorrow?

Self-Management is the bridge between feeling and acting. Practice makes permanent.