

Self-Regulation

MY PLAN

Step 1: _____

Step 2: _____

Step 3: _____

Step 4: _____

MY GOAL

Make a plan



Monitor your plan

MY PLAN

Step 1: _____

Step 2: _____

Step 3: ~~_____~~

Step 4: _____

→ 5 **MY GOAL**

Adjust as needed



Reflect on what worked

