



# Self-Management Plan

- Establish your goal.
- Assess behaviors that are impacting your ability to reach your goal.
- Identify what you need to replace those behaviors with.
- Create checkpoints throughout your day where you will self-assess your behavior to see if you are engaging in the bad behaviors or the new ones.
- Track your progress on the plan and reinforce your good work!

1



**Goal:**

Assessment:

2



**Identification:**

What behaviors must you change in order to reach your goal?

3



**Checkpoints:**

4



**Reinforcement:**

How do you plan to reward yourself for achieving your goal?

5



**Plan  
Assessment**

Did I achieve greater independence and self-management by following my plan?