



SELF-MANAGEMENT PLAN



<p>What have I improved or changed?</p> <p>What am I doing that helps me to feel better or to act differently?</p>	<p>What do I need to continue working on?</p> <p>What are the things that I need to implement or continue to do in order to keep my momentum going?</p>	<p>What situations are potential problems for me?</p> <p>Are there potential times of increased stress or risk that I need to plan for?</p>	<p>What are my early warning signs?</p> <p>What should I look out for in order to identify a lapse or setback early?</p>	<p>What should I do?</p> <p>What strategies can I apply, and what helpful statements can I tell myself, to prevent a setback or when I notice some early warning signs?</p>