

## We Already Self-Regulate

List the ten things students your age work to self-regulate. Keep this list for future reference.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

List three things that you are already self-regulating successfully. (You can either choose items that apply to your life from the list above or add new items of your own.)

- 1.
- 2.
- 3.

List three things that you want to self-regulate more successfully. (You can either choose items that apply to your life from the list above or add new items of your own.)

- 1.
- 2.
- 3.