

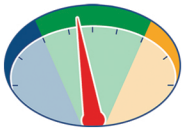
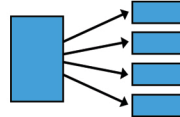
Self-Regulation Strategies

To make progress, I can...



1. Imagine the path to my success

2. Break it down



3. Manage big feelings



4. Predict obstacles

5. Track my effort

☒ Monday ☐ Tuesday ☒ Wednesday



6. Track my progress

7. Brainstorm my options



8. Choose my response

9. Keep doing...



Stop doing...



10. Regulate even better

