

Self-Management Self-Help Worksheet

Your full name:

Date submitted:

PART I

Instructions: Determine what's best for you to do whenever you are distressed, sad, anxious, and lost by answering the following questions:

1. What makes you sad? What do you need to do to ward off the sadness and prevent it from disrupting your daily life?

2. What makes you feel anxious? What happens to you or what do you do when you are anxious? What do you need to do to calm down?

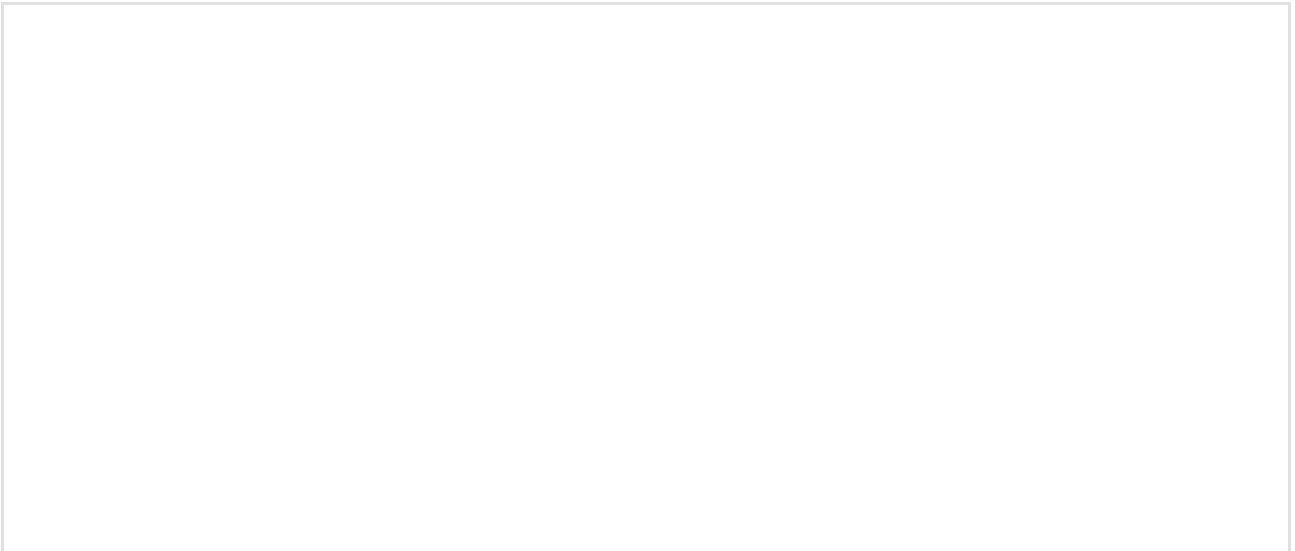
3. What scenarios can make you feel lost or stressed? If you feel lost or stressed, what are the things that you can do you need to do to find direction and find your footing?

PART II

1. What are your hopes and dreams? What will you do to achieve them or something close to them?

2. If you stumble upon the way and start making excuses, what must you do to help you stop making excuses and press on?

3. Make a promise to treat yourself always with:

A large, empty rectangular box with a thin black border, intended for the user to write their promise to treat themselves.

Adapted from the "My Self-Care Promise Worksheet" by Positive Psychology. This is for clinical, personal, and non-commercial purposes only.