My Self-Management Map

Name:

Helpful Words:

- **Self-Management** = choosing how I act, focus, and respond in different situations
- **Lifestyle Goal** = the kind of life I want to live
- **Personal Competitive Advantage** = the habits and choices that help me grow into my best self

Directions:
Answer honestly. **Draw or write** what fits best for you.

Use the back of this sheet if you need more space.

1. **Something I want to manage better is:**

2. **One tough moment I handled well recently was:**

3. **One self-management tool that works for me is:**

4. **My Self-Management Superpower helps me do these things:**

5. **Here's one routine I want to improve and how I'll start:**

6. **Self-management helps me grow my personal competitive advantage by:**

7. **This is how self-management supports the lifestyle I want to live:**

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