

How would you rate yourself as a **self manager**?
Look at the statements below. Circle the ones
that reflect your skills

I like a new challenge

I like taking risks, but I know how to manage them

I can manage my emotions so that I don't get angry or upset, or become unreasonable

I always listen to and act on advise

I'm not afraid to ask for advice or support

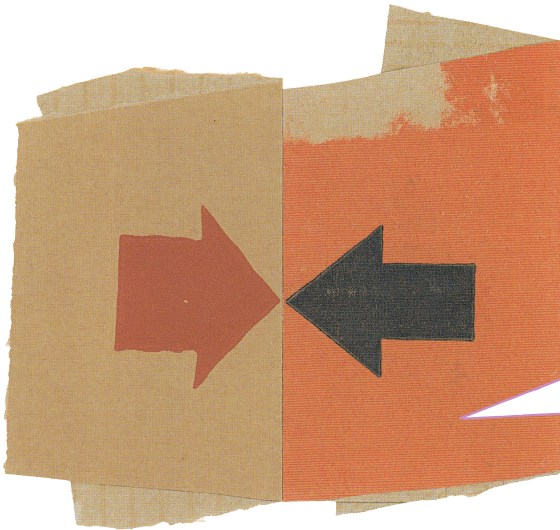
I respond sensibly to feedback and criticism, so that I am able to use this advice to help me improve

I organise and plan my time and my work so that I meet deadlines

I am flexible and can adapt my plans

I enjoy being responsible

I understand that my actions have consequences



skills log

List and describe what you have done to demonstrate you have these **self management** skills

I can listen to and act on advice	
I can manage my emotions so that I don't become angry, upset or unreasonable	
I can plan and organise my time so that I meet deadlines	
I can use feedback and criticism to improve my work	
I am flexible and can adapt and change my plans in order for my ideas and skills to improve	