

To-do List

Self-Management

No matter what skill you are working on, what method you are using, start building in some self-management using these scripted questions.

- ☐ How do you think you did?
- ☐ What do you think you need to work on?
- ☐ Do you think you earned the reward? Why or why not?
- ☐ What would you like to earn?
- ☐ How can I help you to do better at _____?
- ☐ How do you feel about what happened?
- ☐ How do you feel about how others reacted to you?
- ☐ What goals do you want to work on?

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Reflections: Was this easy? Was it hard? Did it work? Why or why not?