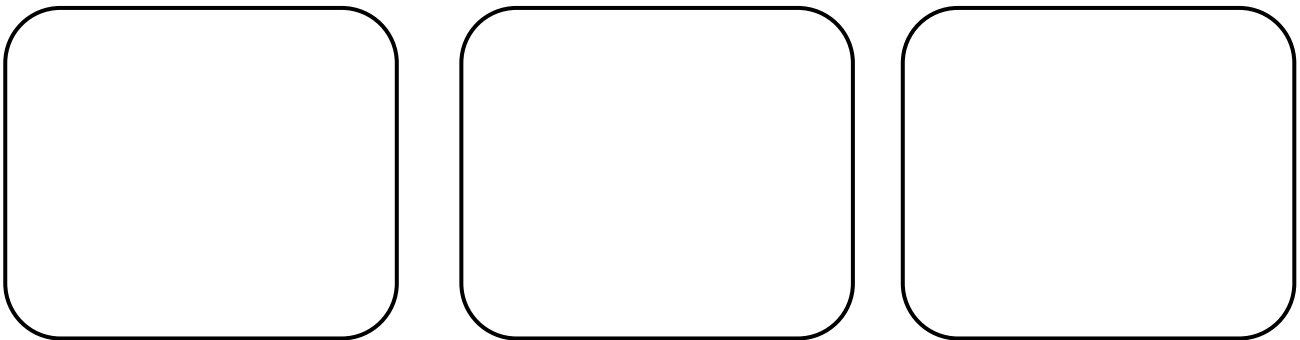


# SELF- MANAGEMENT WORKSHEET

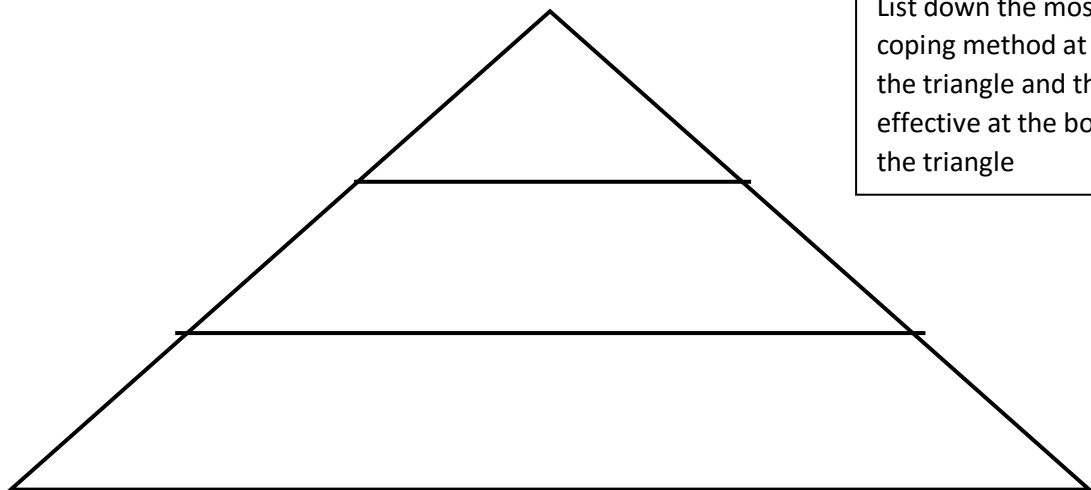
- 1) Draw out 3 items that you can use to keep a healthy lifestyle at the box below.



- 2) What do you say to yourself in order to increase your confidence?

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- 3) List down your coping methods that you use when you are faced with stress or problems in the triangle below.



List down the most effective coping method at the top of the triangle and the least effective at the bottom of the triangle

Pyramid of Effective  
Coping Methods

4) List down what motivates you and your partner to keep on going. Write it down in the circle provided below.

