



Intro to SEL: Self-Management

Note Catcher

MY BIG GOAL IS...

| TIME OF DAY | POTENTIAL DISTRACTION | How will you self-manage yourself? What will you do instead of engaging in the distraction? |
|-------------|--|---|
| 6AM-9AM | I don't feel like waking up so I hit the snooze button or tell my guardian to let me sleep longer. | |
| 9AM-12PM | My best friend calls me to gossip about other people and wants me to hang out later. | |
| 12PM-3PM | I feel like taking a nap even though I got 8 hours of sleep last night. | |
| 3PM-6PM | I want to take a TikTok break and spend a few hours scrolling through funny videos. | |