

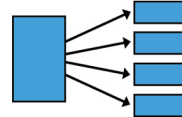
# Self-Regulation Strategies

To make progress, I can...



1. Imagine the path to my success

2. Break it down



3. Manage big feelings

4. Track my effort



5. Track my progress

6. Predict obstacles



7. Brainstorm my options

8. Choose my response



9. Keep doing...



Stop doing...



10. Regulate even better

