

Self-Management

Self-management is the ability to make wise choices in order to achieve a successful and joyous life.

Principles of Self-Management

1. ★ Respect

Respect is discipline

2. ★ Choice

Winner or victim?

3. ★ Uniqueness

Only one of me

Only one of you

4. ★ The Human Brain

Part I – (Reptilian) protection and survival

Part II – (Limbic system) emotional and social needs

Part III – (Neo cortex) intellect and ethics

5. ★ The Body

Care and safety

6. ★ Feelings

Keep it or let it go?

7. ★ Personal Power

I am a “10”

8. ★ Clear Communication

Tiger and elephant

9. ★ Problem Solving

Win-win

10. ★ Inner Wisdom

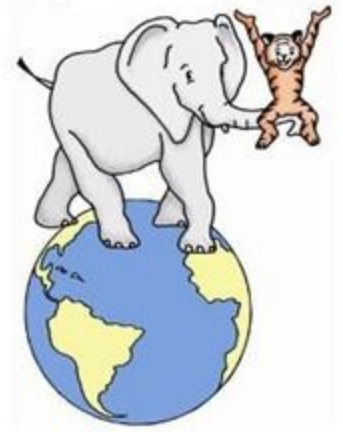
Listen to myself

11. ★ Gratefulness

Daily appreciation

12. ★ Working Together As a Team

We all win!!!



Choice

Winner or victim?

Choice is the process of deciding between alternatives.

Our challenge is to accept that we always have a choice and that we are responsible for the outcome.

There are consequences to every choice. They are either positive or negative.

The choices we make lead us to feel like winners or victims.

✓ **Winners**

- Aware of the choices
- Consider possible consequences
- Make a choice
- Accept responsibility for any outcome
- Self-appreciation: *"I did my best!"*

✓ **Victims**

- Unaware of having choices
- Blame others/ circumstances for any negative consequence
- Make a choice without being aware of doing it
- Don't take responsibility: *"I had no choice"*
- Anger against others/circumstances

