

Free printable self-regulation worksheets

SELF MONITORING

In this strategy we monitor our outcome and evaluate if the outcome was as per our desires or not, if the outcome was not something we were hoping for then we would change our behaviours that led to that outcome.

GOAL SETTING

We will think of what goals we need to achieve, short term and long term goals. We will plan according to our goals

SELF INSTRUCTION

While doing any task we try to break the task into small steps and guide our selves through that task, through self talk we give instructions to ourselves.

SELF REINFORCEMENT

It is the reward we will give to ourselves for successfully doing what we have planned. It can be anything that we like.