

Game Plan

Individuals in control of their lives have a deliberate game plan. Beneath each of the items below, identify your confidence in your abilities, what might be encumbering your improvement in these areas. Individuals with a game plan are:

Well informed.

Sensitive to their stress levels.

Realistic in assessing their skills and resources.

Adding diversity and interest to their lives and put their jobs in perspective.

Able to organize their time and space effectively and evaluate progress towards goals.

Are active in molding their environment to meet their needs.
