

Top 10 Tips for Self Management

1. Check things out for there is more than one way to look at a situation and behaviour.
2. Develop the art of healthy reflection on your own behaviour.
3. Persevere – just because a strategy does not work immediately does not mean it's the wrong strategy.
4. Maintain a healthy inner dialogue.
5. Smile more – the physical action has a calming, restorative effect.
6. Define your values and live by them.
7. See the past as a reference point and not a map determining your life journey.
8. Listen to the people who matter in your life.
9. Embrace the idea that you can change your behaviour if you want to.
10. Learn to accept the situations you can neither change nor influence no matter what you think, feel, say and do.

These self management tips were written by [Janet Hope](#) who is the author of [A Useful Guide to Self Management](#).

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