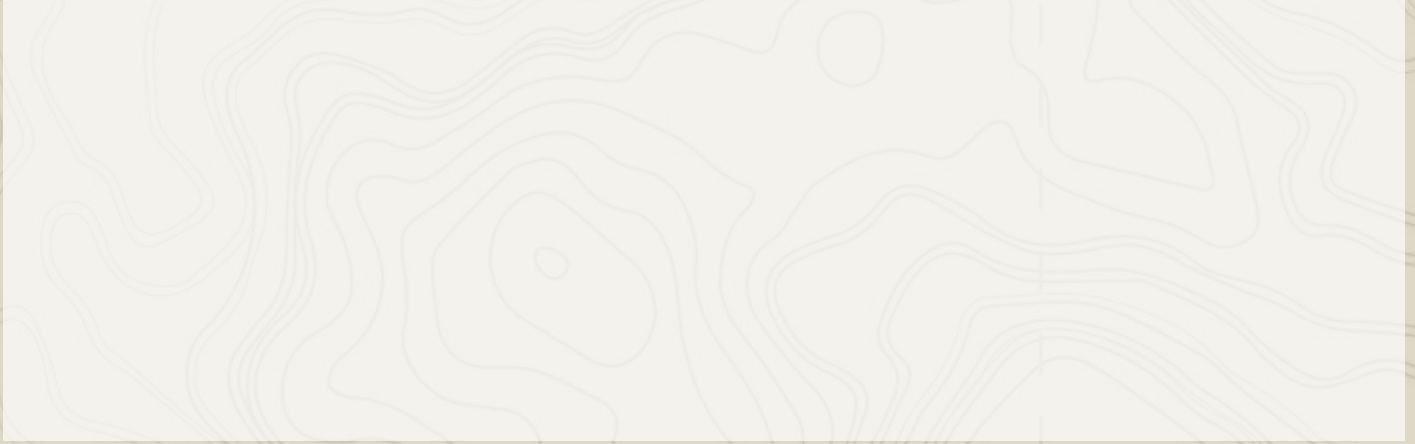
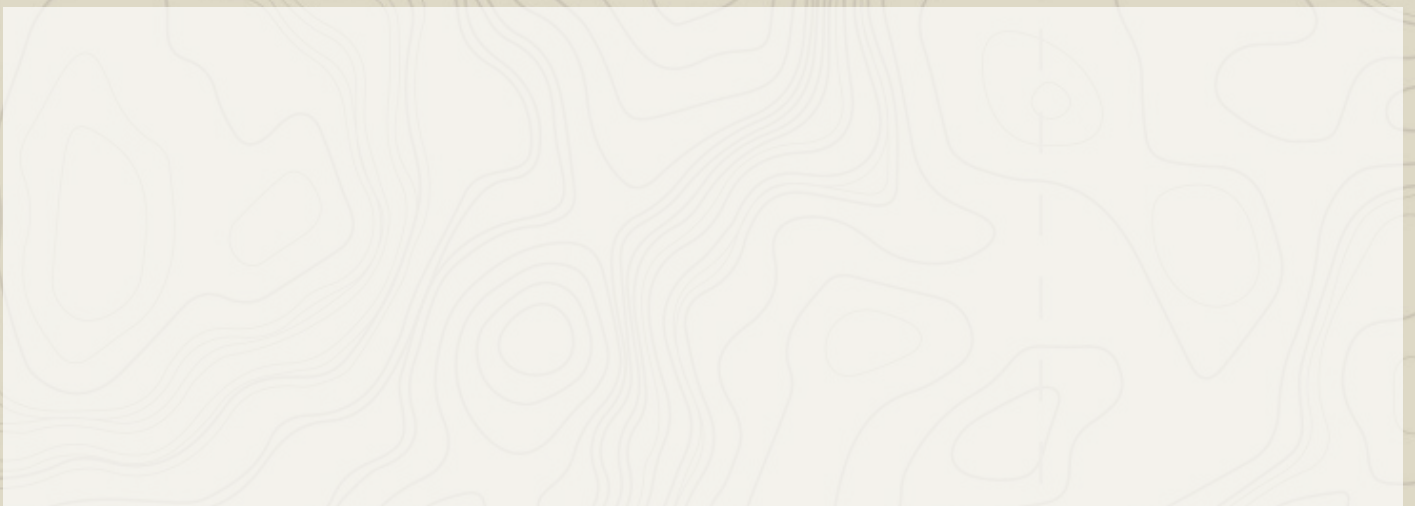


Self-Management (SeM) Quotient Worksheet

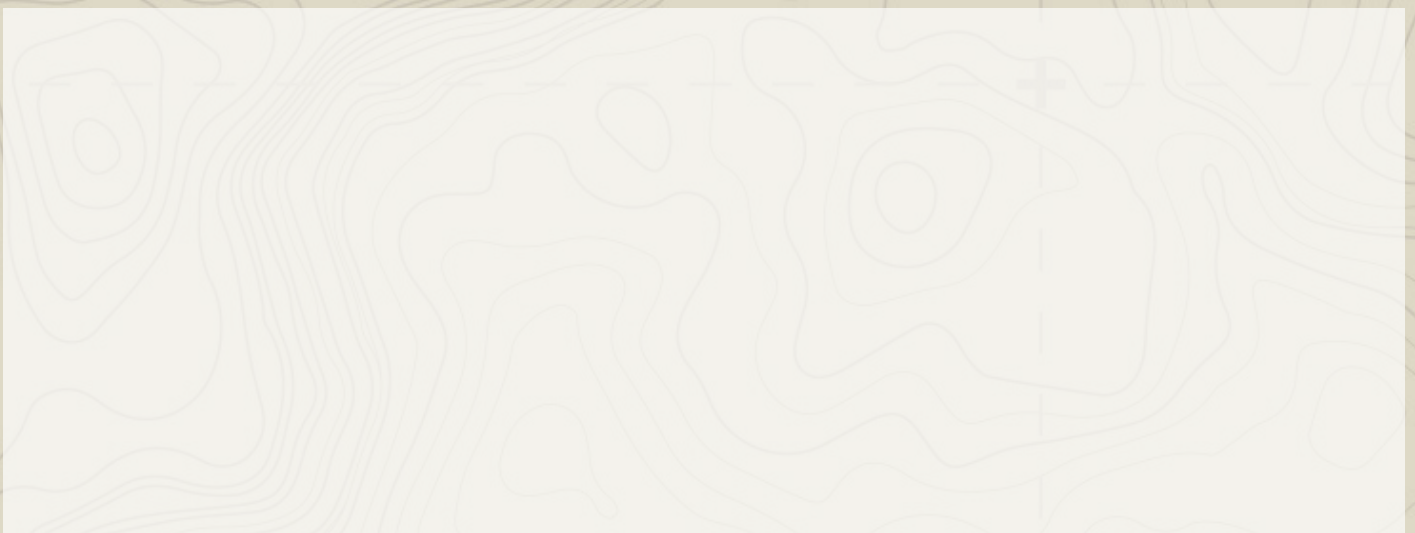
How can you take command of the emotions you feel (or can you)?



What is your typical self-talk like? Can you improve it?

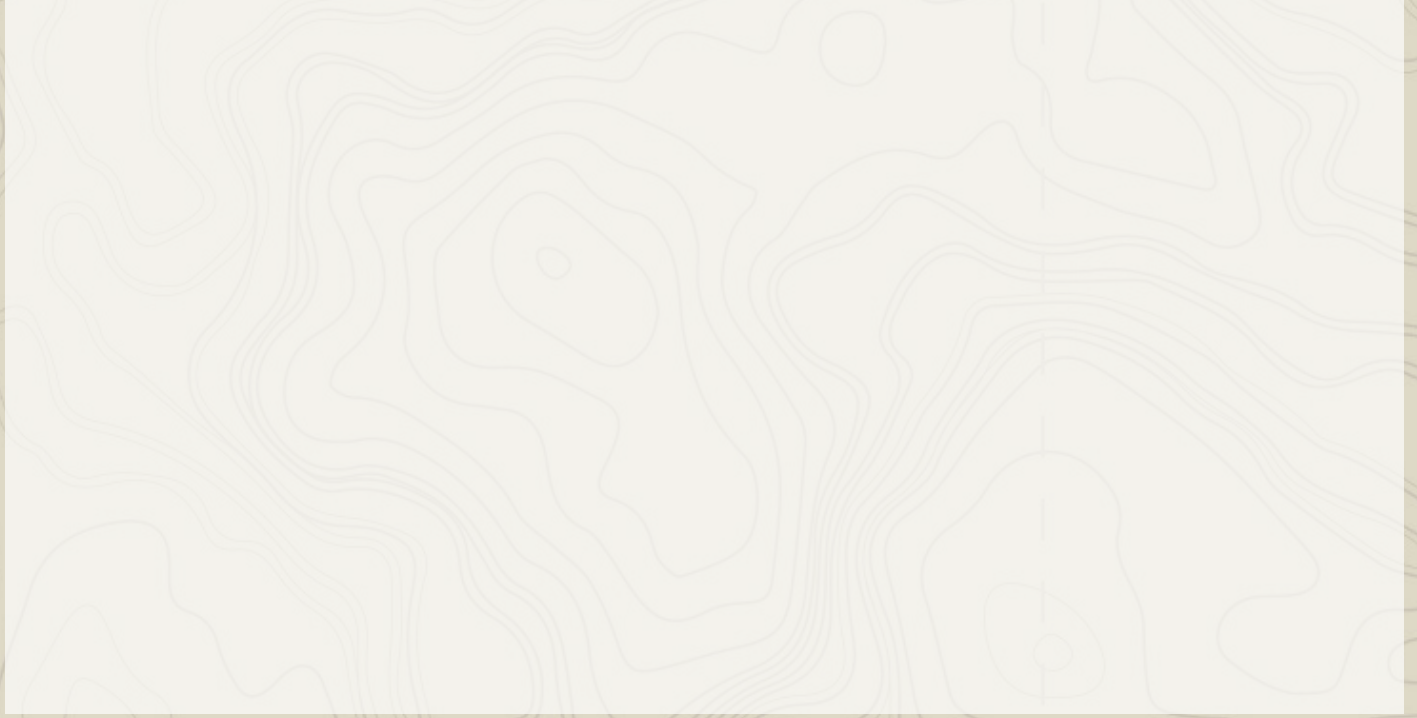


What visions and dreams (images) inspire you?

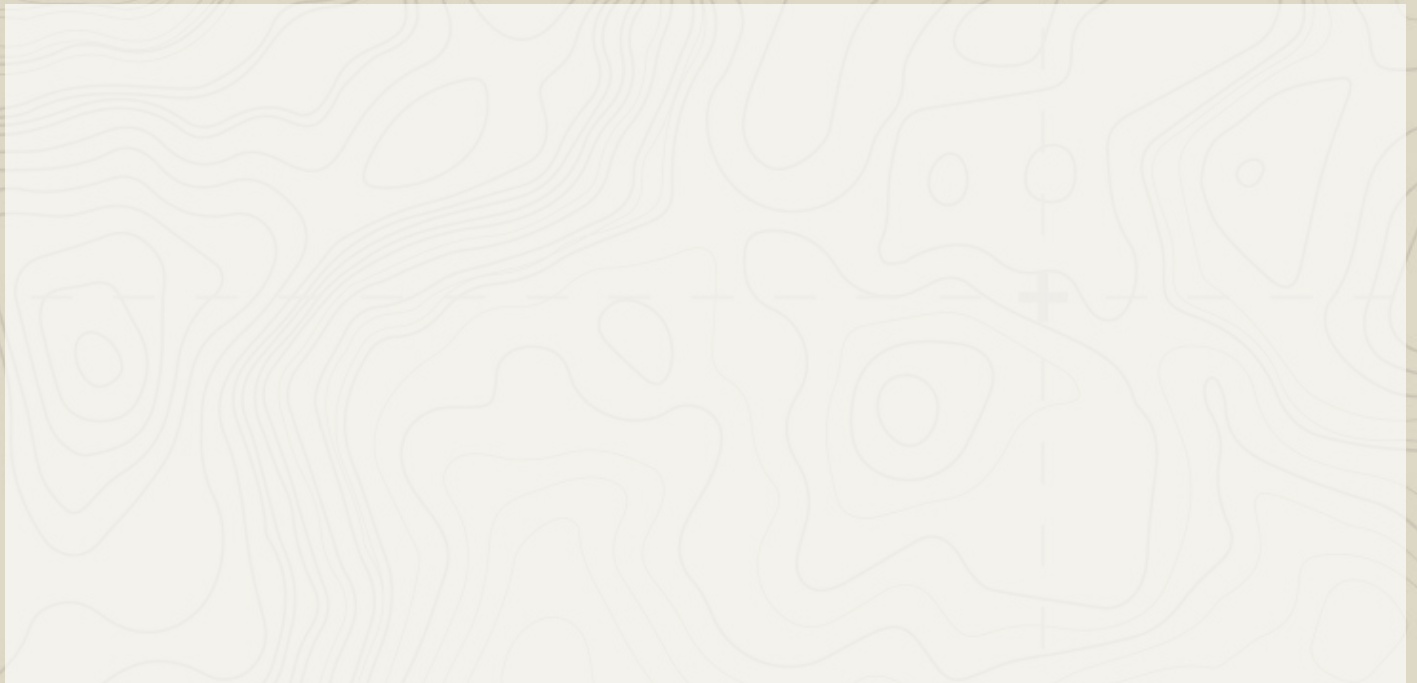


Self-Management (SeM) Quotient Worksheet

Do you dwell on positives or negatives? How can you make this more constructive?

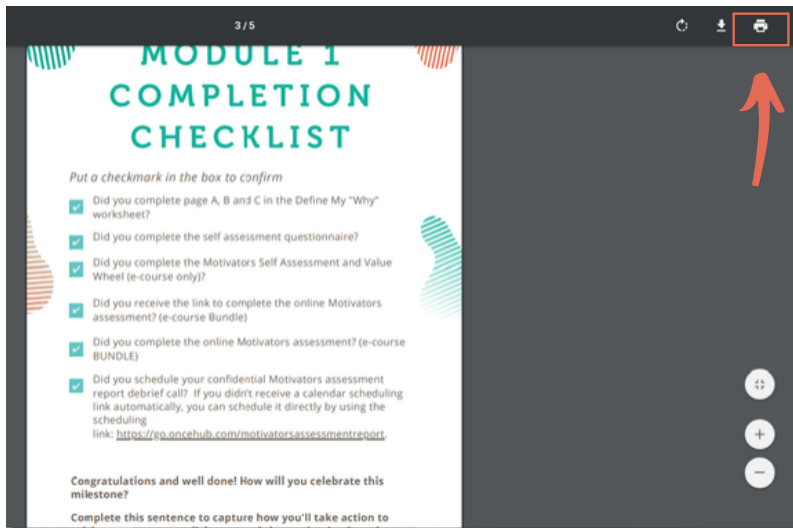


Can you actively make choices to control emotions?
Do you have internal responsibility?

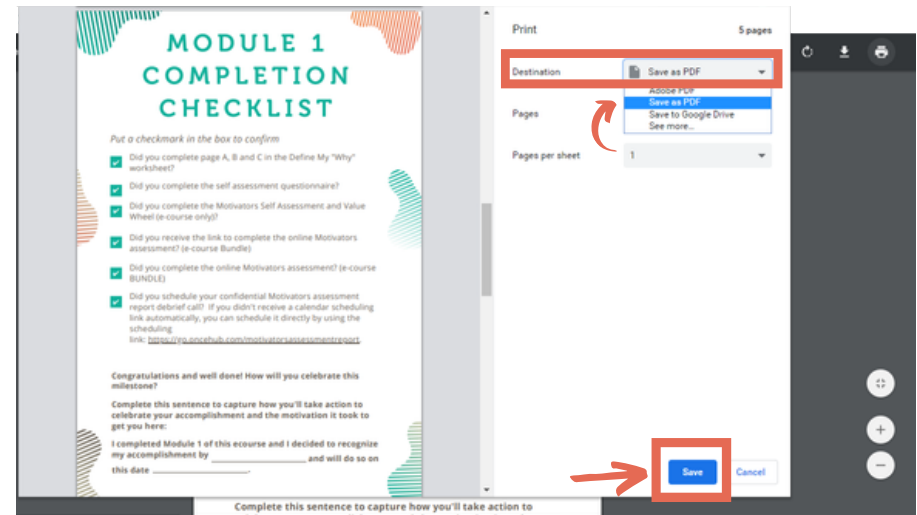


Guide on how to save your worksheet

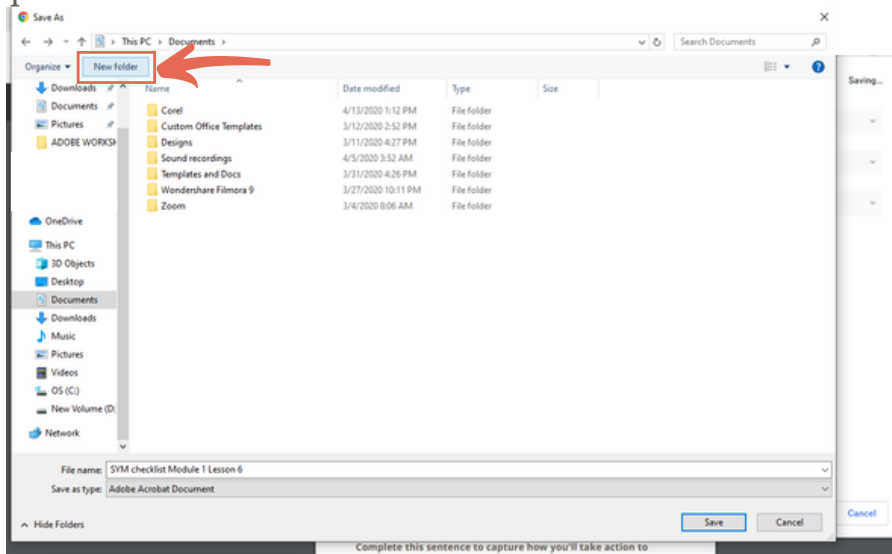
Step 1: Click on the print icon 



Step 2: Choose the destination of your file, select "Save as PDF"



Step 3: Create "New Folder" and name it base on your preference



Step 4: Click "Save" button

