## Worksheet One: Self Management Skills

The following personal skills are important to effective self management. Read through each skill and write a one to two sentence definition. Once you have defined each skill, create a scenario in which the use of the skill would be important.

1. Reflection

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1. Self Awareness

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1. Planning

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1. Monitoring

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1. Time Management

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1. Flexibility

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1. Self Appraisal

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