**Self-Monitoring**

**Module Companion**

**Directions:** *Answer the questions or do the activity in each box that corresponds to the Self-Monitoring module.*

**What does self-monitoring mean to you?**

**Do you currently self-monitor? If yes, what behavior do you self-monitor? If not, what is something you could self-monitor?**

**Self-monitoring also involves setting a goal. Goals can be long-term and might take months or years to accomplish, or short-term and can only take a few days or weeks to accomplish. Think of both a short-term and long-term goal you would like to set and write it below.**

**Short:**

**Long:**

**Once you set a goal, you need to identify the activities or steps to take that make a goal possible. You can get input from friends, family members, teachers and mentors to get help with the process. Look at the goal you set above, and write out the steps you will need to make to make your goal possible.**

**There are lots of ways to keep track of your goal. You could use a calendar, an application on your phone, a paper or electronic checklist, or even something as simple as pen and paper. What way do you think will work best for you to track your progress towards your goal? Why?**

**When is a good time to write down the observations of your behavior?**

**How does self-monitoring allow you to take charge of your own behavior?**