

Tip for SELF-MONITORING

“**BEING AWARE** and **KEEPING TRACK** of your feelings and behavior and how they make other people feel and using this information to **CHANGE YOUR BEHAVIOR** if it will help you reach your goals”

Try the 5 steps of the **SMART tip** to help you out!

Stop and

Monitor

Think about what you are doing
“Am I doing what I planned to do?”

Appraise

Think about what is happening
“How are other people reacting?”

Reflect

Think about what might happen because of your behavior or actions.
“Is this likely to turn out the way I want it to? How will this make me or other people feel?”

Try a Different Behavior

Try something else and see how it works in accomplishing your goal. (*The goal setting and planning tip and topic might help you here.*)