

# Emotional Intelligence – Improving Your Self-Control

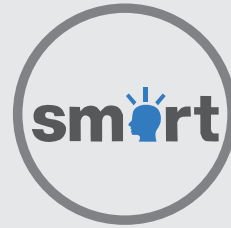
## Action Planning

### Action 1 Control Yourself!



Next time you are faced with temptation, try and resist. Set some clear boundaries of things you are going to try and resist over the coming weeks and try and stick to these. It could be around healthier eating, getting fit, or stopping to do something. Make a diary and record the outcomes.

### Action 2 Set Actions



Using both your personal life and also work life, think of some SMART actions and goals that you will commit to carrying out and completing over the coming weeks. Make sure these are monitored and measured and you celebrate success and manage any setbacks.

### Action 3 Manage Your Setbacks



Reflect back on setbacks that you have experienced both in your personal and working lives. How well did you do at managing these? What setbacks might you face in the future? What can you plan and put in place to ensure you manage these more effectively?