

FITNESS PLAN

	AWARENESS	ACTION
SELF	<u>Self Awareness</u> Feelings: +/-: Self/other: Thoughts/wants/feelings:	<u>Self Management (Self Soothing)</u> Self talk: Body work:
OTHER	<u>Empathy</u> Accuracy: Compassion:	<u>Relationship Skills</u> Collaborate: Take charge: Defer: Disengage: