

Self-Management Exercise and Goal Setting

Self-managed exercises have proven to be an effective way to teach behavior modification.

When coaches participate in self-managed exercises, they experience the application of a range of behavior modification techniques firsthand.

It is a valuable experience to find out what it is like to be the subject of an exercise of behavior change, and just how much effort can be involved for the participant.

A. Choose an area of self-management. Some examples to choose from, but not limited to the following, are:

- Increase:
 - exercising
 - planning schedule realistically
- Decrease:
 - calorie or sugar intake
 - drinking coffee or cola products
 - forgetting things
- Teach Self:
 - deep muscle relaxation
 - new computer skill

B. In the space below, briefly describe a self-management program for yourself using the following terms:

- 1) Target Behavior in observable measurable terms
- 2) Positive Reinforcement Procedure using the following three:
 - (a) Agreement

(b) Positive Reinforcement

(c) Arrange Conditions

- 3) Providing yourself with intermittent reinforcement
- 4) Successive approximations
- 5) Rehearsal of the behavior or role playing
- 6) Prompts, verbal and/or non-verbal
- 7) Negative reinforcements or punishment

Goal Setting: To be completed after the Course is finished.

- 1) Setting a personal goal: After finishing this self study course, complete the following statement. "The idea I found most beneficial to my coaching is"
- 2) Goal statement: "I plan to use the above idea in the following manner....."
- 3) When?
- 4) Signature of Personal Commitment and Date