

**Assessment of Self-Management Behaviour,
Beliefs and Knowledge**



Personal Action Plan

1. List specific goals in behavioural terms
2. List likely barriers and plans to overcome them
3. List follow-up plan

**Feedback &
Collaborative Goal
Setting**



**Identification of Personal
Barriers and Supports**

**Development of
Personalized
Strategies and
Problem-Solving**

Self Management Of Chronic Disease Handbook Of Clinical Interventions And Research

DJ Losen



Self Management Of Chronic Disease Handbook Of Clinical Interventions And Research:

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