

StrategizeMyLife

The StrategizeMyLife app is a reliable companion that provides a consistent and convenient place to document, store, and rate strategies (including those provided by rehabilitation and school professionals) and to easily access them when needed.



CONSISTENT USE OF STRATEGIZEMYLIFE HELPS BUILD AND APPLY PRACTICAL SKILLS THAT:

- Increase confidence
- Establish greater independence
- Improve initiation, time-management, and self-efficacy

