SELF-REGULATION: THE KEY FOR TEAMWORK

By: Mosi Dorbayani

iD / 0000-0002-8362-1034

Self-regulation means managing one's internal states, impulses, and resources. It includes the following measures:

- **Self-control:** Keeping disruptive emotions and impulses in check.

- **Trustworthiness:** Maintaining standards of honesty and integrity.

- **Conscientiousness:** Taking responsibility for personal performance.

- **Adaptability:** Flexibility in handling change.

- **Innovation:** Being comfortable with novel ideas, approaches, and new information.