

Self-Determination

Name: _____

Date: _____

IMPROVE YOUR SELF-DETERMINATION WORKSHEET

This checklist will help you to improve your self-determination.

- I decided to be powerful.
- I know my strengths and interests.
- I know my weaknesses.
- I know my resources.
- I am okay asking for help.
- I set my goals based on my strengths.
- I have a plan.
- I can communicate my goals.
- I won't give up.

1. What are some of your strengths and interests? _____

2. List some resources you may use. _____

3. What are some ways you can reach your goals? _____
