

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.
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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? _____
