Self-Determined Action Framework

Decide: Making a choice based on your preference

* I use my strengths and areas of need to identify goals.

* I choose goals based on my vision for the future.

Act: Self-directed action in the service of a goal

* I work to solve problems as I move towards my goals.

* I think about different pathways to get around barriers to my goals.

Believe: A sense of personal empowerment; believing in your ability to reach your goals

* I feel empowered to take action toward my goals.

* I know I can do things and be supported as I work toward my goals.