An Action Model for Self-Determination

**Know Yourself & Your Context**
- Dream
- Know your strengths, weaknesses, needs & preferences
- Know options, supports, & expectations
- Decide what is important to you

**Value Yourself**
- Accept & value yourself
- Admire strengths that come from uniqueness
- Recognize & respect rights & responsibilities
- Take care of yourself
- Develop & nurture positive relationships

**Plan**
- Set goals
- Plan actions to meet goals
- Anticipate results
- Be creative
- Visually rehearse

**Act**
- Take risks
- Communicate
- Access resources & support
- Negotiate
- Deal with conflict & criticism
- Be persistent

**Experience Outcomes & Learn**
- Compare outcome to expected outcome
- Compare performance to expected performance
- Realize success
- Make adjustments