

**CHOICE MAKING**

The skill of selecting a path forward between two known options

**Cm**

**DECISION MAKING**

The skill of selecting a path forward based on various solutions that have each been thoughtfully considered

**Dm**

**PROBLEM SOLVING**

The skill of finding solutions to difficult or complex issues

**Ps**

**GOAL SETTING & ATTAINMENT**

The ability to develop a goal, plan for implementation, and measure success

**Gs**

**SELF-REGULATION**

The ability to monitor and control one's own behaviors, actions, and skills in various situations

**Re**

**SELF-ADVOCACY**

The skills necessary to speak up and/or defend a cause or a person

**Ad**

**INTERNAL LOCUS OF CONTROL**

The belief that one has control over outcomes that are important to his or her own life

**Lc**

**SELF-EFFICACY**

Belief in one's own ability to succeed in specific situations or accomplish specific tasks

**Ef**

**SELF-AWARENESS**

Basic understanding of one's own strengths, needs, and abilities

**Aw**



**THE ELEMENTS OF**

# I'm Determined