

## COMPONENTS OF SELF-DETERMINATION

|   |  |
|---|--|
| <i>Internal Locus of Control:</i>         | the belief that I – and not some external factor(s) – have control over outcomes that are important to my life                                 |
| <i>Self-Efficacy:</i>                     | the conviction that I can successfully execute whatever behavior is required to produce a given outcome  |
| <i>Choice- and Decision-Making:</i>       | acquiring needed information and choosing among two or more known options  |
| <i>Problem-Solving:</i>                   | overcoming challenges to achieve a solution when the solution is not initially obvious   |
| <i>Goal-Setting and Attainment:</i>       | deciding what I want, determining how I am going to accomplish what I want, implementing and adjusting my strategy, and then measuring success |
| <i>Self-Regulation:</i>                   | observing, evaluating, and rewarding myself; monitoring my own actions and others' response to my actions                                      |
| <i>Self-Advocacy:</i>                     | being able to speak and act effectively on my own behalf, in order to obtain what I need and want; being a leader in my own life               |
| <i>Self-Awareness and Self-Knowledge:</i> | knowing my own strengths, weaknesses, abilities, and limitations, and knowing how to use these to beneficially influence my life               |