

Self Determination Skill Set

Name: _____ Date: _____

1. What are the 3 most important things to you?

1. _____

2. _____

3. _____

2. Who are 2 people that make you feel like “yourself”?

1. _____

2. _____

3. What are 3 things that you are the most proud of in your life?

1. _____

2. _____

4. What do you hope to achieve in life?

5. What qualities do you want others to admire in you?
