

# SELF-AWARENESS

Inner knowledge of and familiarity with one's:

- Character
- Temperament
- Strengths and areas of vulnerability
- Emotions
- Abilities to discern what values, ethics, and moral reasoning are important

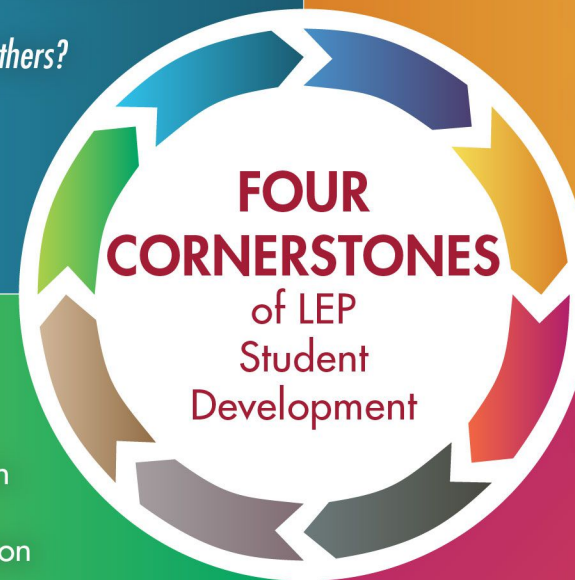
- *How do I objectively assess my internal and external wellbeing (or lack thereof) and respond appropriately?*
- *What will I tolerate and stand for within myself and from others?*
- *How do I respond to others in ways that are equitable?*
- *What does it mean to me to view and treat others with dignity and respect?*

# SELF-ADVOCACY

Inner ability and willingness to effectively:

- Detect and identify situations and circumstances when a correction or change is required
- Identify need
- Identify and locate the resource(s) that can provide what is needed
- Articulate and communicate those needs to appropriate resources
- Proactively pursue and effectively access those resources in order to get needs met and move forward toward positive outcomes

- *How do I accurately identify, proactively access, and productively utilize resources?*
- *How will I get what I need while demonstrating authentic respect for the relationships I have with others?*



# ACCOUNTABILITY

- Choices, and the results and consequences of those choices, are the responsibility of the person who makes them
- Consequences result from both action and inaction

- *What are the pros and cons of my choices/actions?*
- *How will my decision(s) impact other people?*
- *Will I be at peace with my choice an hour from now? A month from now?*
- *When I am held accountable, how do I respond?*
- *Are there actions I know I should take but seem too difficult or uncomfortable?*
- *Am I willing/prepared to deal with the consequences (both positive and negative) that may result from the choice I am making?*

# SELF-DETERMINATION

Ongoing attitudes and motivations that:

- Inform, equip, and enable people to identify and move toward meaningful goals and dreams
- Motivate and empower them to act as agents of change in their lives

- *Do I have the power to take the next step toward my goal?*
- *If I do not have the power now, is there a way I can attain the power to take a small step?*
- *If I don't have the power, is there a way I can creatively move toward my goal in a different way, while still maintaining my integrity?*
- *What skills, abilities, or experiences do I need to acquire to make my next move?*
- *What motivates me internally/externally?*