Self-Determined Action Framework

Volitional Action: Making a choice based on one’s preference

- Autonomy: Acting based on preferences, interests, and abilities
- Self-Initiation: Starting the process of working towards a goal while using your past experiences to guide your planning

Agentic Action: Self-directed action in the service of a goal

- Pathways Thinking: Seeing many different ways to solve problems and reach goals
- Self-Direction: Freely choosing goals and responding to challenges and opportunities

Action-Control Beliefs: A sense of personal empowerment; believing in your ability to reach your goals

- Control-Expectancy: Believing that you can use your skills and supports to reach goals
- Psychological Empowerment: Believing that you have what it takes to reach your goals and that you can succeed when you try
- Self-Realization: Using what you know about your personal strengths and weaknesses to act in the best way for you