

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