

Dear Student,

This is an exciting time in your life. Soon, you will be finished with high school. You will be treated as an adult.

To live in the adult world, you must work and take care of your needs. In this unit you will learn self-determination skills including how to be your own self-advocate. You will learn to look out for yourself by making good decisions. You will set goals and write a plan.

As you build self-determination, you will be in charge of your life. Unit 1 will give you the tools to find success.

We wish you happiness as you make your future plans.

# Building Self-Determination and Self-Advocacy

## **I know this about myself:**

- I know my dreams for the future.
- I know my strengths and weaknesses.
- I know my needs and preferences.
- I know what is important.

## **I value this about myself:**

- I accept and admire my uniqueness.
- I have respect for myself and others.
- I am responsible for myself and my actions.
- I take care of myself.

## **This is my plan:**

- I will be creative when setting my goals.
- I will accomplish my goals.
- I will see the results in my mind.

## **These are the action steps I will take:**

- I will take risks.
- I will communicate positively.
- I will find and use resources.
- I will build a circle of people who support me.
- I will deal with conflict and criticism.
- I will be motivated to complete my plan.
- I will speak for myself.

## **How did I do?**

- I will evaluate how I am doing.
- I will look at what I am learning.
- I will make changes to my goals if needed.

# What I Know & Value about Myself



*Directions:* First, list five things you know and five things you value about yourself. Next, share what you know and value about yourself with others in your group. Compare how each person in the group is similar or is different from the others.

## Five things I know about myself:

- 1.
- 2.
- 3.
- 4.
- 5.

## Five things I value about myself:

- 1.
- 2.
- 3.
- 4.
- 5.