

# TD's Tips!

## Self Determination



### What can I do?

1. Make a list of ways you can make your own decisions in your life.
2. Rate your confidence level with getting those things done. (1 = I can't do this; 5 = I'm 100% sure I can get this done)
3. Tell a parent or guardian you'd like more responsibility at home. For example, deciding what you have for dinner, where to shop, or how to plan your day.
4. With a transition team member, decide areas where you'd like to make more choices & be more independent.

### Pro Tip!

Make a list of 1-3 things that you'd like to accomplish in the next year. This could be something new you'd like to try, growing your self awareness, or learning a new skill. Set a timeline for when you'd like to achieve these things!

### How about an ultimate challenge?

Share your list with your transition team. Advocate for why these goals are important to you! Your team can help you make a plan to achieve these things!



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This tip sheet is aligned to the "Self Determination" lesson plan. You can search in the "resources" page on [transitiondiscoveries.org](https://www.transitiondiscoveries.org) to download it!