

POSSIBILITIES!!

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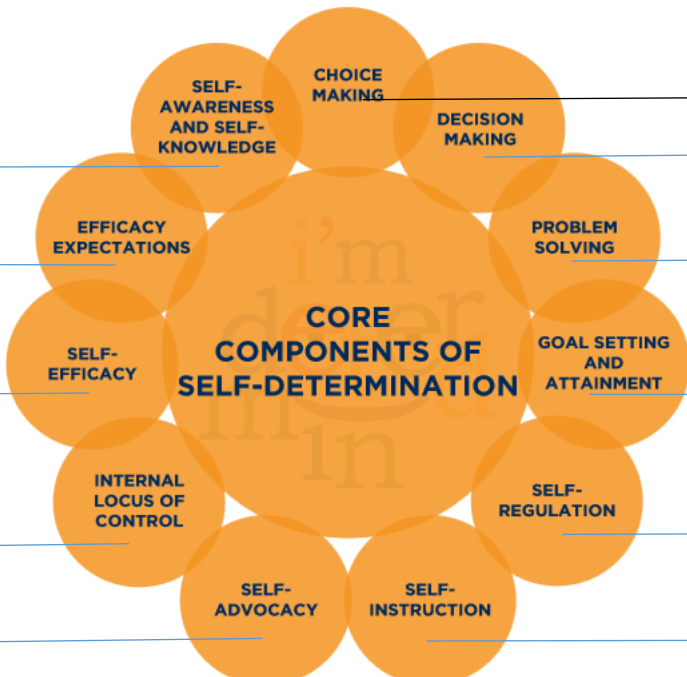
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What do you count in your top five “safe and loved” needs?

1. _____
2. _____
3. _____
4. _____
5. _____

Core Components





CORE COMPONENTS OF SELF-DETERMINATION

- SELF-AWARENESS AND SELF-KNOWLEDGE
- CHOICE MAKING
- DECISION MAKING
- EFFICACY EXPECTATIONS
- PROBLEM SOLVING
- SELF-EFFICACY
- GOAL SETTING AND ATTAINMENT
- INTERNAL LOCUS OF CONTROL
- SELF-REGULATION
- SELF-ADVOCACY
- SELF-INSTRUCTION

Factors that influence long-term social/emotional competence make up the [core components](#) of self-determination. The I'm Determined Project bases tools, materials, and training opportunities around these core components.

Page 3



WHAT PEOPLE APPRECIATE ABOUT ME:

- 1.
- 2.



WHAT IS IMPORTANT TO ME:

- 1.
- 2.



HOW TO SUPPORT ME:

- 1.
- 2.

QUESTIONS TO THINK ABOUT:

1. What is a concept that was reinforced or challenged today?
2. What are universal goals for quality of life?
3. What core components of self-determination did you see reflected in the video?
4. How does your life and/or the life of someone you support reflect self-determination?
5. What resources and supports do you need to accomplish your goals?
6. What resources and supports could you provide to another to help them accomplish their goals?

RESOURCES:

1. Introduction to the Relationship Building Framework of Gentle Teaching. Anthony M. McCrovitz, Ph.D., LMHC, HSPP, BCPC, IMH-E® (II), DAPA June 1, 2021. <https://i-gentlelearning.org/about/what-is-gentle-teaching/>
2. Toolbox for Self Determination. Retrieved February 6, 2024. https://imdetermined.org/wp-content/uploads/2018/06/toolbox_for_self-determination_2.pdf
3. Possibility Series. Retrieved February 7, 2024. <https://ddi.wayne.edu/possibilities>
4. One Page Profiles. Retrieved February 9, 2024. <https://helensandersonassociates.com/person-centered-approaches-programs/one-page-profiles/>
www.alexkimmel.com and “The SelfDeterminator” on facebook and Alex Kimmel #SelfDeterminator on LinkedIn