

Achieve with Ease

I adjust effortlessly. I achieve with ease.

Self-determination means to have a belief and a resolve to control personal destiny. It integrates abilities, knowledge, and attitudes that guide people to set personal goals and objectives. Self-determination does not involve being independent or self-sufficient, but being in charge. It is the ability to make personal choices and take responsibility for personal life decisions; to solve problems effectively by understanding individual strengths and limitations coupled with a belief in oneself as effective and capable.

What strengths do you possess that make you capable of achieving your goals?