

# Getting unstuck can be hard. But it's not magic. You can do it!

- Use this tool when you feel stuck or frustrated.
- You'll build self-determination, motivation, and new ideas.

## SAY IT Program Toolkit: Self-Determination Check-in

1. The situation. Write down a situation that has you feeling stuck or frustrated:

### 2. What do you want to change?

- Self-determination is all about autonomy, competence, and relatedness.
- Use these 3 lists to think about your self-determination in this situation.
- Put a ✓ by everything that describes you and your situation.

Need help? It's ok.  
Talk to an ally.  
Just don't stay stuck!

#### my autonomy

I want to...

- Feel more dignity
- Feel more self-respect
- Feel seen and heard
- Set my own goals
- Have more meaningful options
- Be more involved in decisions
- Make decisions

#### my competence

I want to be able to...

- Learn something
- Practice something
- Ask questions
- Get helpful feedback
- Build up my confidence
- Get more information

#### my relatedness

I want to be more connected to...

- Family /friends
- Spouse/partner
- Neighbors
- Co-workers
- Spiritual community
- LGBTQA+ community
- A helpful organization
- Other \_\_\_\_\_

### 3. Brainstorm

- For each list above, circle one checked item that you want to work on.
- Below, write the item that you circled into the blank for its list.
- Write at least one specific action for how you can build that change in your life.
- Tips! If you need more space, write on the back. Add a deadline for accountability!

One of these action steps may turn into a goal. Use the SAY IT Program to go for it!

#### autonomy

✓ \_\_\_\_\_  
Specific action for making that happen

#### competence

✓ \_\_\_\_\_  
Specific action for making that happen

#### relatedness

✓ \_\_\_\_\_  
Specific action for making that happen