

WEEKLY SELF AUDIT

- ☐ What am I doing to help or hinder?
- ☐ Am I supporting the people I work with to:
 - establish their presence in their own community?
 - participate in a wide array of options of their choosing?
 - experiment with and attain positive social roles?
 - discover ways that they can contribute?
 - experience opportunities to make choices about the way they live their lives?
- ☐ Have I done something creative or inventive this week?
- ☐ Have I made contributions that serve to eliminate social exclusion?
- ☐ Am I supporting people to work through uncertainty and fear of the unknown, without controlling or dominating them?

Source: Paraphrased or quoted from John O'Brien in the videos "What Is Self-Determination?" and "Putting Self-Determination Into Practice" (1997).