

**Seven days challenge: Self-determination**

1. In order to develop the habit of self-determination, every day I will practice:

2. My main motive or the reason why I want to develop self-determination is:

3. Challenges I will likely face:

4. How I will counteract the challenges:

5. Overcoming challenges is easier with support. My support person (friend, family member, teacher, etc.) will be:

6. This person will support me by: (e.g. checking up on me every day, asking if I need help, sending me motivational videos, etc.)

**Seven days challenge Checklist**

Challenge:

Support person:

Day	Tick box if challenge was accomplished*	Message
1		"What would life be if we had no courage to attempt anything?" - Vincent Van Gogh
2		"Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time." - Thomas Edison
3		"Perseverance, the secret to all triumphs." - Victor Hugo
4		"You must do the things you think you cannot do." - Eleanor Roosevelt
5		"It's hard to beat the person who never gives up." - Babe Ruth
6		"The best view comes after the hardest climb."
7		"As long as we live, we fight, and as long as we are fighting, that is a sign that we are not defeated. And if death does not find you as a victor, he should find you as a warrior." - Augustine

\*The support person by its signature verifies that the ticked boxes are true: