autonomy

1

On average, how many decisions do you make in a day?

1) About ten.
2) About a hundred.
3) Thousands.

2

reflection

Knowing your reasons for making a decision gives you a feeling of...

1) confusion.
2) cohesion.
3) panic.

8

Agency means...

1) following a rule.
2) an obligation.
3) the choices available to you.

3

Autonomy means...

1) never asking for help.
2) making your own decisions.
3) knowing a lot.

intention

6

Making decisions reduces your stress levels.

True or false?

Answer: **True.** Making a decision clears the path, so that you can get back in action and keep moving forward.

5

responsibility

Intrinsic motivation means acting...

1) in order to get a reward.
2) out of obligation.
3) out of your own interest, or because you want to.

4

There's usually just one good solution to a problem.

True or false?

Answer: **False.** There are often many different paths you can take.

7

Which response is NOT a value?

1) Anger.
2) Freedom.
3) Respect.

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“MAKE CHOICES” Mini-Quiz

MULTIPLE CHOICE

On average, how many decisions do you make in a day?

1) About ten.
2) About a hundred.
3) Thousands.

Answer: 3) Thousands.

Take it further: You make thousands of small decisions every day, often without realizing it (for example, what you might say, what to wear, where to look, where to sit, or which way to go.) You might have more power and freedom to act than you think.

Questions for reflection:

- What are some nearly automatic decisions that you make every day?
- What small decision could you make today to make it a better, brighter day?

MULTIPLE CHOICE

Autonomy means...

1) never asking for help.
2) making your own decisions.
3) knowing a lot.

Answer: 2) making your own decisions.

Take it further: Autonomy refers to your ability to make choices based on your values and your needs, feeling like you are in control. Autonomy is how you make your own decisions and accept the consequences of your choices.

The people around you can support your autonomy by offering you choices, or by providing you with the information you need to make a decision. You can support others’ autonomy, too!

Questions for reflection:

- What helps you make your decisions?
- Who or what has the most influence on your opinions on a daily basis?
- What is a decision you made by yourself recently that you are happy with?

"MAKE CHOICES" Mini-Quiz

MULTIPLE CHOICE

Intrinsic motivation means acting...

1) in order to get a reward.
2) out of obligation.
3) out of your own interest, or because you want to.

Answer: 3) our of your own interest, or because you want to.

Take it further: Intrinsic motivation to do something comes from a preference, an interest, or the fun that you have without expecting to receive any external rewards. When your sense of motivation comes from within you, it's a lot easier to commit to doing something!

Questions for reflection:

- What motivates you to do an activity?
- What's something you do just for the fun of it?
- Are there any things you do because you feel like you have to? What are they?

MULTIPLE CHOICE

Which response is NOT a value?

1) Anger.
2) Freedom.
3) Respect.

Answer: 1) Anger.

Take it further: Anger is an emotion, not a value. Think of values like signposts that guide our choices and actions. Taking the time to reflect on your values, especially during periods of change (e.g., moving, choosing a program of study, a breakup) can help you make decisions.

Questions for reflection:

- What are some values that are important to you? This link can help you identify them: mouvementsmq.ca/value_list_english

“MAKE CHOICES” Mini-Quiz

MULTIPLE CHOICE

Agency means...

1) following a rule.
2) an obligation.
3) the choices available to you.

Answer: 3) the choices available to you.

Take it further: Even when there are rules or obligations to follow, you often have a certain amount of freedom in your actions. For example, if you have homework, you have to sit down and do it. However, you can often choose when or how you do it. This freedom within existing limitations is your agency.

Questions for reflection:

- How can you make a mandatory task easier or more pleasant?
- Where (school, home, work, relationships, etc.) do you feel like you have the most agency?

MULTIPLE CHOICE

Knowing your reasons for making a decision gives you a feeling of...

1) confusion.
2) cohesion.
3) panic.

Answer: 2) cohesion.

Take it further: Cohesion is created when your choices are meaningful to you, as a reflection of your values and needs. Actions that don’t align with who you are and what you want can make you feel uncomfortable or a lack of meaning. In moments like those, asking “Why did I make this choice?” can help you find a sense of cohesion. On top of that, if a choice that you made no longer works for you, it’s possible, and even a good idea, to make another one and change your course.

Questions for reflection:

- What helps you to know that a choice you made is truly aligned with the things that matter to you?
- Have you ever made a choice that didn’t correspond with who you are? How did you realize it? What did you do next?

“MAKE CHOICES” Mini-Quiz

TRUE OR FALSE

There’s usually just one good solution to a problem.

Answer: False. There are often many different paths you can take.

Take it further: The perfect choice does not exist. If you’re afraid of making a mistake, you can ask yourself, “What would be the most beneficial to me in this moment, in this context?” It’s important to remember that every decision you make is based on the information and resources available to you, as well as your mental state, in the moment that you make it.

Questions for reflection:

- What has the greatest influence on your decisions when many options are possible (your values, desires, other people, easy or difficulty, fear of making a mistake…)?
- When you make a decision, do you listen more to your intuition or your reasoning?

TRUE OR FALSE

Making decisions reduces your stress levels.

Answer: True. Making a decision clears the path, so that you can get back in action and keep moving forward.

Take it further: Making decisions can be stressful, especially when you have a lot of options to choose from or you are afraid of making a mistake. It’s normal to feel stressed or paralyzed in moments like that. But don’t forget that making a “good enough” decision sends your brain the message that things are under control.

Respect your pace, no matter how fast or slow, and then…GO! You can always make adjustments or revisit your goal and plan along the way.

Questions for reflection:

- How do you feel when you have a difficult decision to face?
- Are you the kind of person who makes decisions quickly, or takes their time?
- What do you find most stressful when you have to make a decision?