Actions are the things that a character can do that are available to all characters. There is a list of examples below.

When in a chase or combat actions cost 5 initiative and maybe some SP or MP. Common actions for combats and chases and their other costs are listed below.

Resting regains 2 SP.

Acrobatics or running costs 1 SP.

Attacking and counter-attacking both cost an SP.

Blocking and dodging both cost an SP.

Using magic costs an MP.

Attempting to enter stealth requires the proper conditions and possibly a check.

Social interactions cost MP or SP where appropriate.

Walking and footwork are not actions and do not cost initiative.

Creating an advantage or disadvantage is part of another action and costs no initiative itself.