

Personal Self-Advocacy Worksheet

The key to self-advocacy is preparation. Use this worksheet when your goals and needs are being overlooked.



Self-Advocacy Scenario

Describe your situation with these prompts.

Who will I speak to? _____

What is our relationship? _____

How do I feel about the interaction? _____



Self-Advocacy Questions

Answer the following questions to uncover your goals and strengths.

Where do I want to be in one year?

Am I valued?

Do I feel respected?

What are my fears right now?

What is a specific thing I would change?

What is my main goal?



Personal Summary

Write out a summary of your ideal outcome of the scenario.

Self-Advocacy Worksheet for Interviews

The key to self-advocacy is preparation. Use this worksheet to ensure your needs are considered in your next interview.



Self-Advocacy Scenario

Describe your next interview with these prompts.

What is the job title? _____

What is the company name? _____

Do I feel qualified? _____



Self-Advocacy Questions

Answer the following questions to uncover your goals and strengths.

What is my dream position?

What red flags am I looking for?

What is one benefit that I need?

Do I feel qualified?

What is my management style?

What is my greatest asset?



Personal Summary

Write out a summary of your ideal outcome of the scenario.

Self-Advocacy Worksheet for Negotiating

The key to self-advocacy is preparation. Use this worksheet to get ready for your next negotiation.



Self-Advocacy Scenario

Plan your negotiation strategy with these prompts.

What is the current position? _____

What is your ideal outcome? _____

What does the other party want? _____



Self-Advocacy Questions

Answer the following questions to uncover your goals and strengths.

What is my best case scenario?

What is my worst case scenario?

Why do I deserve this?

Do I have any deal breakers?

What is my settling point?

Where am I flexible?



Personal Summary

Write out a summary of your ideal outcome of the scenario.
