

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.
