

Self-Advocacy



How you *self-advocate* will impact your progress in achieving the goals you set for yourself. This includes *how well you express your strengths, interests, wants, and needs to others*. Self-advocacy can be challenging, but it is an important skill that can lead to greater independence, self-determination, and empowerment. Take a few moments to reflect on how you “speak up” and advocate for yourself. Read and complete the statements below. Then, turn and talk with a partner and share your self-discoveries!

1. “I think I perform well in _____”
(provide an example of an area in school, at home, or in the community that you do well in).
2. “I could use more support with _____”
(provide an example of an area in school, at home, or in the community that you could use support in).
3. “_____ is most important to me”
(provide an example of what matters the most to you or one of your values).
4. “I feel most respected when _____”
5. “I want to learn more about _____”
(provide an example of an area in school, at home, or in the community that you want to learn more about).

Check the box of at least three activities you will complete to continue your journey towards self-discovery!

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| <input type="checkbox"/> Learning style survey | <input type="checkbox"/> Travel to a new city or state |
| <input type="checkbox"/> Interest inventory | <input type="checkbox"/> Try a new hobby or activity |
| <input type="checkbox"/> Personality quiz | <input type="checkbox"/> Meditate or practice mindfulness |
| <input type="checkbox"/> Complete a values activity | <input type="checkbox"/> Create a vision board |
| <input type="checkbox"/> Join a club or organization | |