

# Self-Advocacy Worksheet

Skills are things you learn. You will have gained certain skills throughout your life, such as at home, school, work, or other activities. You should consider your current skills and what you may need to develop.

To start thinking about your skills to start your self-advocacy journey, try to answer the following questions:

## Personal information

Name:

Age:

Occupation:

Hobbies/Interests:

## Questions

1. What are your biggest strengths?

2. What are three things that you need to improve in self-advocacy?

3. What are three things that you do well in self-advocacy?

4. What are your biggest weaknesses?

## Reflection

Take some time to reflect on your answers. Understanding your strengths and weaknesses is the first step in becoming a better self-advocate. Consider what steps you can take to improve your skills and how you can leverage your strengths to advocate for yourself effectively.