

Being a Self-Advocate - Module 1 Worksheet

Self-advocacy skills help you improve your life.

It is important for you to be a self-advocate so you can get what you want and need.

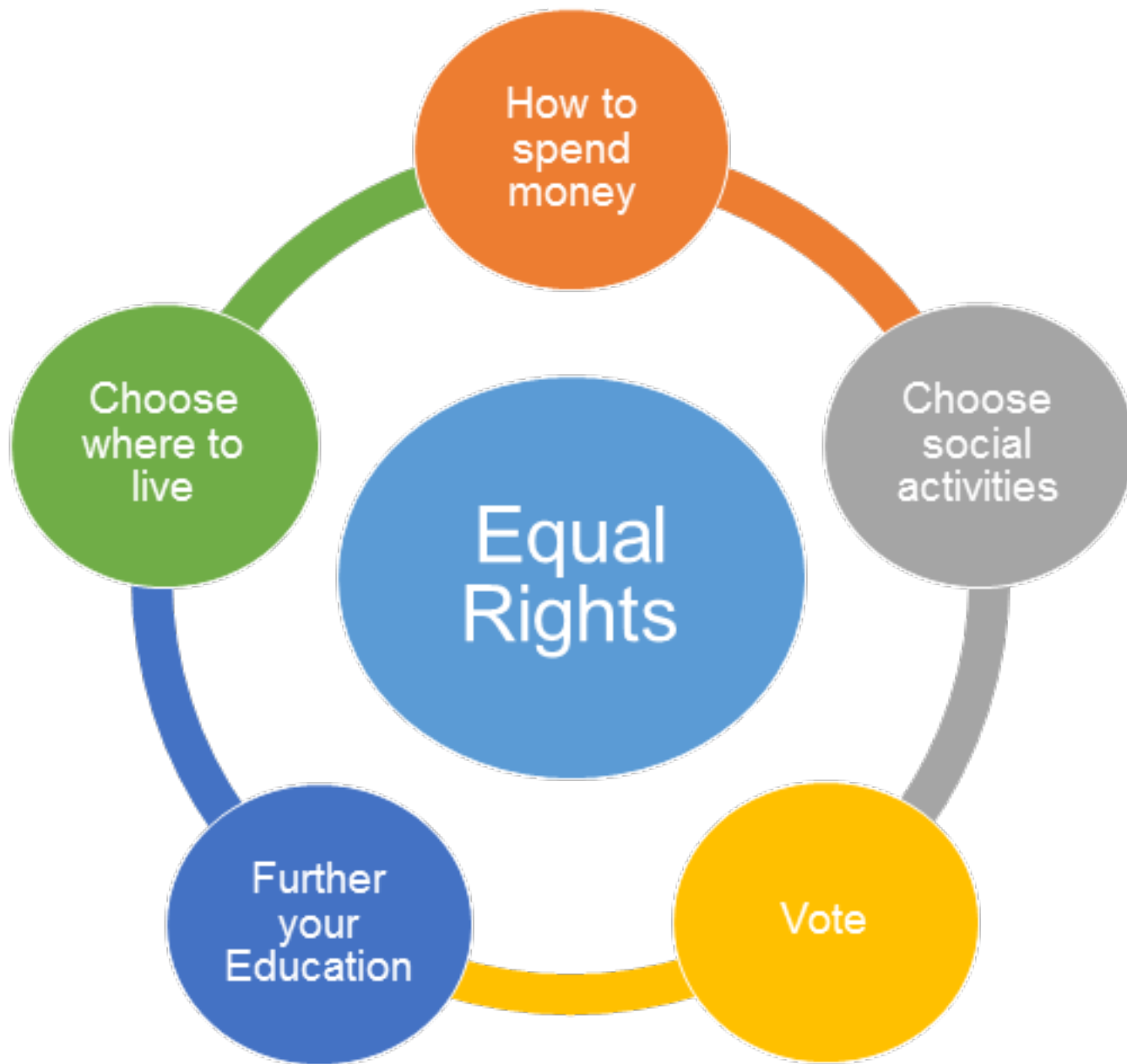
Circle the places you feel you can advocate for yourself:



Write down who supports you.

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Circle the reasons why you want to be a self-advocate:



Why else would you want to be a self-advocate?
(List other reasons below.)

Remember – You know your body best. You have the right to make decisions, or have someone help you make decisions, about your health care.