

Self-awareness and self-advocacy

Being self-aware is key to developing your ability to advocate and stand up for yourself. Use this worksheet to explore your own self-awareness and help strengthen your self-advocacy skills.

What are some things you do well? What are your greatest strengths?

What are some things you enjoy doing? Why?

How do you learn best?

Describe a time you've advocated or stood up for yourself. How did that make you feel?

Describe a time you did not advocate for yourself. How would you do things differently if you could do this again?

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