

My Self-Advocacy Plan:

Remember to start any self-advocacy journey by reminding yourself that you are a valuable person who deserves the positive outcomes that result from speaking up for yourself.

What is not working well for me currently?

What are my needs and wants around how things could be different?

Who is the best person for me to speak with about this issue?

What are my rights regarding this issue?

Date: _____

Who did I speak with? _____

What was discussed?

What was agreed upon?

Who will do what and by when?

Who do I follow up with if these things do not occur?
