

Self-Advocacy: Worksheet 1 – Making a Plan

Being clear about what you want to achieve is an essential first step in self-advocacy and this worksheet can help you to think clearly and make a plan.

What is the issue? What would you like to change?

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What is your goal? What result would you like to achieve?

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What information do you need in order to achieve your goal? Where can you get that information?

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What support might you need to achieve your goal? Where can you get that support?

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Who are the decision-makers that you need to influence to achieve your goal? What actions can you take? Who do you need to speak to?

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I will call/meet with/write to by the following date:

If the person does not resolve the situation by the following date then I will call/meet with/write to

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Documentation that I will need:

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What is the backup plan if this strategy doesn't work?

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Self-Advocacy Worksheet 1, part 2 – Making a Plan

Remember, you could have a different plan for each goal.

What is my goal?:

ACTION What needs to be done? What steps am I going to try?	DATES Important dates: appointments, meetings, deadline	WHO Who do I need to speak to/meet with? Who's getting back to me?	PROGRESS What have I done so far?