

# Six Powers of Strong **SELF ADVOCACY**



## **SELF EXPRESSION**

*I express my feelings & assert my opinions.*



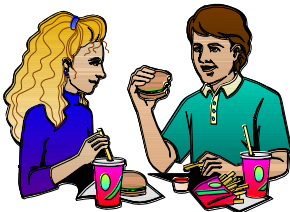
## **SELF DETERMINATION**

*I make decisions for myself & make plans for my own life.*



## **SELF CONFIDENCE**

*I take responsibility for asserting my rights & the rights of others.*



## **SELF RELIANCE**

*I do things for myself whenever I can.*



## **SELF DEVELOPMENT**

*I have goals & dreams & I'm going to achieve them.*



## **SELF ESTEEM**

*I feel good about myself & believe I can make a difference.*

