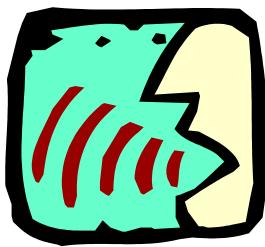


Six Powers of Strong **SELF ADVOCACY**

VALID

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.

