Six Powers of Strong SELF ADVOCACY

Self ExpressionI express my feelings
and opinions



my feelings
I make decisions for myself
and plan my own life



Self Determination

Self DevelopmentI have goals and dreams and work to achieve them



Self Reliance
I do things for myself
whenever I can



Self Confidence
I do things with pride and respect the rights of others



Self Esteem
I am proud,
I feel good about myself

