

Self Advocacy

I have goals & dreams and I will achieve them.



I express my thoughts and feelings.



I make decisions for myself and about my life.



I know my rights and responsibilities.



I do things for myself whenever I can.



I feel good about myself and I can make a difference.



Where to use self advocacy...

At home.



At work.



At the doctors.



At day service.



At the shops.



In the community.

