

# SELF ADVOCACY

# PLAN TEMPLATE



A Little Place Called home

# Self-Advocacy Goal:

- Goal Statement:

(Briefly describe your self-advocacy goal in one or two sentences).




# Steps to Achieve the Goal:

## Step 1: Define the Issue

- Describe the specific issue or challenge you need to address.

## Step 2: Set Clear Objectives

- What specific outcomes are you aiming for?

## Step 3: Research and Gather Information

- What information or resources do you need to support your advocacy efforts?

## Step 4: Identify Allies and Support

- List individuals or organizations that can provide support or guidance.

## Step 5: Create an Action Plan

- Break down your goal into smaller, manageable steps.

## Step 6: Set a Timeline

- Establish deadlines for each step.

## Step 7: Communicate Effectively

- Identify how you will communicate your needs and concerns.

## Step 8: Monitor Progress

- How will you track your progress and adjust your plan if necessary?

## Step 9: Evaluate and Reflect

- After achieving your goal, assess the outcome and lessons learned.

# Resources Needed:

Materials/Resources Needed:

- List any materials, documents, or resources you require.

People/Resources Needed:

- Identify individuals, organizations, or support networks that can assist you.

# Notes and Reflections:

Challenges Encountered:

- Document any challenges you faced during the self-advocacy process.

Successes and Achievements:

- Celebrate your achievements and milestones.

# Self-Advocacy Plan Timeline:

- Start Date: \_\_\_\_\_
- Target Completion Date: \_\_\_\_\_