



MAPPING SUPPORTS FOR ADVOCACY

Write your advocacy goal in the center of the star. List ideas for supports and strategies to make your goal possible in each of the categories.



Access the LifeCourse framework and tools at lifecoursetools.com



My LifeCourse Advocacy Portfolio



Why is it important TO ME to advocate for myself, others, or for change?

What type of advocacy am I doing now?

What supports do I need to achieve my advocacy goals?

<p>Specific supports that are helpful, and what is not?</p>	<p>How do I learn best?</p>
<p>What helps me stay motivated?</p>	<p>What is the best way to encourage me?</p>

Advocacy Trajectory Worksheet

VISION for a GOOD LIFE

What do I want to advocate for or change (for myself and my family, others, or at a systems change level)?

What's working?
Things I have done in the past to advocate for myself or others or drive change...

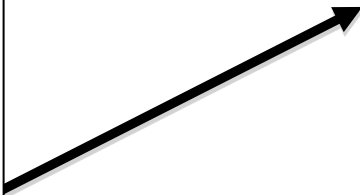
What's not working?
Things in the past that happened when advocacy was not successful or I should have advocated...



Write current age here

What do I need to work on?
What do I need to do to improve my advocacy skills or knowledge?

What do I need to avoid?
What would get in the way of improving my advocacy skills?



What I DON'T Want

What do I want to make sure doesn't happen?

