

MY SELF-ADVOCACY WINS



Self-advocacy takes energy, courage, and persistence, even when outcomes aren't immediate or visible. This short reflection helps you notice your progress and identify support that can help you keep going.



What's one thing I've done before that took courage?

(This could be big or small — speaking up, asking a question, attending an appointment, or even showing up.)



Who could help me notice small wins?"

(A friend, peer, support person, advocate, or clinician.)



How might I acknowledge effort, not just outcomes?"

(What counts as progress for me, even if nothing 'changed' yet?)
