



# Self-Awareness and Self-Advocacy Worksheet

## Overview

- **What is your disability? How does your disability affect you in your life each day?**
  
- **What activities do you enjoy at home and in the community?**
  
- **With what things do you need help? Who will help you?**
  
- **What things do you want to do in the future?**
  - Work?
  
  - Live away from home?
  
  - Get more education?

### Explain a little about your personality:

Are you outgoing and friendly or quiet and shy?

Do you like to do things alone or with others?

Are you able to handle new situations and meet new people easily?

### Goals for the Future:

Remember SMART goals are Specific, Measurable, Achievable, Realistic, and Time-limited.

Think of one or two goals to start:

## Goals



Goal 1:



Goal 2:

**What are the steps that you will need to take to achieve that goal?**

**Who will help you with those steps toward your goal?**

