

QUALITIES OF A GOOD SELF-ADVOCATE

A GOOD SELF-ADVOCATE:

- Speaks their mind
- Asks questions when they don't understand
- Is willing to try new things
- Makes their needs and wants known to the right people
- Talks calmly even when they are upset
- Makes good decisions – asks for help from a trusted friend or family member whenever needed (especially when making major life decisions)
- Thinks before acting
- Accepts the consequences of decisions
- Is willing to listen to other people
- Is self-confident
- Believes in their dreams even when it takes a long, long time to get there