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.

Technology

How can I use technology to help me achieve my advocacy goal?

Personal Strengths & Assets

What are my assets and strengths that will help me achieve my advocacy goal?

Relationships

Who can help me reach my advocacy goal?

MY ADVOCACY GOAL

What community assets can I use to help achieve my advocacy goal?

Community Based

What kind of eligibility supports could I access and how will they help me reach my advocacy goal?

Eligibility Specific

Access the LifeCourse framework and tools at lifecoursetools.com

My LifeCourse Advocacy Portfolio

MISSOURI
FAMILY TO FAMILY
UMKC INSTITUTE FOR HUMAN DEVELOPMENT | UCEDD

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?

Specific supports that are helpful, and what is not?

How do I learn best?

What helps me stay motivated?

What is the best way to encourage me?

Advocacy Trajectory Worksheet

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

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

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)?

Write current age here

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

What do I need to avoid?
What would get in the way of improving my advocacy skills?
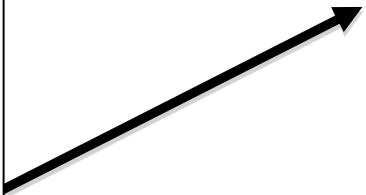
What I DON'T Want

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