

Name: _____

Name it. Own it. Ask for it.

Practice using your voice to advocate for yourself.
Think of a scenario where you needed to advocate for something.

STEP 1: Name It.

Circle or write the feeling that matches the situation.

- ☐ Happy
- ☐ Sad
- ☐ Frustrated
- ☐ Nervous
- ☐ Angry

- ☐ Overwhelmed
- ☐ Left out
- ☐ Embarrassed
- ☐ Confused
- ☐ Other: _____

STEP 2: Own it.

What is causing me to feel this way?

Finish the sentence below:

I feel this way because: _____

STEP 3: Ask for it.

What do I need to feel better, succeed, or solve this problem?

Finish the sentence below:

I need: _____

Put It All Together

Use the sentence stem to advocate for yourself clearly and respectfully:

"I feel _____ when _____ because _____."
I need _____."

Write your full sentence here: _____

Looking Forward

Complete this sentence:

Next time I feel _____,

I will ask for _____
