# **My Self-Advocacy Steps**

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| **Advocacy Step** | **My Steps** |
| 1. Identify the need and set a goal. |  |
| 1. Identify the solvable problems and write to do lists. |  |
| 1. Seek useful information. |  |
| 1. Communicate clearly. |  |
| 1. Be patient and do not get discouraged. |  |
| 1. Take care of yourself to perform at your best. |  |