



Investing and Advocating for YOU

In the course of your life, you may be lucky enough to meet one or more special people who champion you and advocate for your advancement. Unfortunately, these uniquely supportive individuals won't always be around when you need them the most. You owe it to yourself to invest in and advocate for yourself.

But what can you do to improve and create a greater value proposition for yourself? How can you make your voice heard over the crowd? When is it important to stand your ground, and how can you behave in your best interests for optimal outcomes? This worksheet will help you to come up with actionable goals for self-investment and effective advocacy.

Invest in Yourself

Come up with three ways to invest in yourself that help you reach personal or professional goals. Options could include improving your knowledge or skill sets, gaining experience and contacts through volunteer activities, learning more about yourself through therapy or life coaching, creating a work/life balance for overall well-being, and so on.

Ways to Invest in Yourself

1.

2.

3.

Related Goal You Hope to Accomplish

1.

2.

3.