



Speaking Up and Speaking Out

Michelle Obama said, *“There’s power in allowing yourself to be known and heard, in owning your unique story, in using your authentic voice.”* Sometimes, in order to make your investments in yourself pay off, you need to toot your own horn.

Self-advocacy requires you to first know your value, but you also have to be able to explain it to others so they understand what you bring to the table. This gives you leverage to fight for what you’re worth.

List three things that make you a valuable asset in your personal or professional sphere. You could include professional skills, personal traits, unique experiences, and so on.

Things That Make You a Valuable Asset

1.

2.

3.

Why Is This Skill or Trait So Important?

1.

2.

3.