



Worksheet 1: My Strengths Inventory

Instructions:

Use this worksheet to reflect on your personal strengths, interests, and skills. Write down the answers in the spaces provided.

1. My Talents

List three things you do really well (e.g., drawing, solving puzzles, being a good friend):

- 1.
- 2.
- 3.

2. My Interests

What are some activities or subjects you love? (e.g., science experiments, sports, reading):

- 1.
- 2.
- 3.

3. My Skills

Write down skills that help you in school or during hobbies (e.g., organizing, listening, creativity):

- 1.
- 2.
- 3.

Reflection Questions

- What activities make you feel proud?

- How do your friends or family describe you?

- Can you think of a time when your strengths helped you overcome a challenge?
Describe it briefly:

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Worksheet 2: My Goal-Setting Worksheet

Instructions:

Set one short-term goal and one long-term goal. Use this worksheet to plan your steps and think about who can help you reach these goals.

Short-Term Goal

What is one goal you want to achieve in the next month?

Long-Term Goal

What is one goal you want to work toward over the school year or beyond?

Steps to Achieve Your Goals

List 3-5 actions you can take to work toward these goals:

- 1.
- 2.
- 3.
- 4.
- 5.

Timeline

When will you complete each step? Write the estimated date or time frame next to each step:

- 1.
- 2.
- 3.
- 4.
- 5.

My Support Team

Who can help you achieve these goals? List names (e.g., teacher, parent, friend):

- 1.
- 2.
- 3.



Worksheet 3: Practicing Self-Advocacy Role-Play

Instructions:

Read each scenario and write down how you would respond. Practice these responses with a friend, family member, or teacher.

Scenario 1: Asking for Help in Class

Situation:

You're having trouble understanding an assignment.

Your Response:

"Excuse me, I'm having some trouble with this assignment. Could you please explain it a bit more?"

(Now write your own version or add details below.)

Scenario 2: Talking to a Peer

Situation:

In a group project, you feel that your ideas are being overlooked.

Your Response:

"I'd like to share my ideas because I think they can help our project. Can we take a moment to listen to everyone's thoughts?"

(Now write your own version or add details below.)

Scenario 3: Speaking with a School Counselor

Situation:

You feel overwhelmed by homework and need extra support.

Your Response:

"I'm feeling a bit overwhelmed with my homework lately. Could we talk about ways to manage it better?"

(Now write your own version or add details below.)



Worksheet 4: Exploring My Future Career Interests

Instructions:

Answer the questions below to think about careers that interest you. There are no right or wrong answers—this is all about discovering what you enjoy and what you might like to do in the future!

1. **What subjects or activities do you enjoy the most at school?**
2. **List two or three jobs or careers you have heard about that seem interesting:**
 - a.
 - b.
 - c.
3. **Why do these careers appeal to you?**
4. **What skills do you think are important for these jobs?**
5. **How can you learn more about these careers?**
(e.g., ask a teacher, research online, join a club)

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Worksheet 5: My Community Resource Map

Instructions:

Create a map or list of local resources that could help you learn new skills or get extra support. Think about after-school programs, clubs, or community centers.

Part A: Draw Your Map

Use the space below to draw a simple map of your neighborhood. Mark where you might find these resources (e.g., community center, library, sports club).

Part B: List Your Resources

Fill in the table for at least three resources:

Resource Name			
What They Offer (e.g., clubs, tutoring, sports)			
What They Offer (e.g., clubs, tutoring, sports)			
Location/Address			
Contact Information			



Worksheet 6: My Personal Support Plan

Instructions:

Plan who can support you as you work toward your goals. Fill in the table below to create your personal support plan.

Part A: My Needs & Goals

My Top Goal Right Now:

One Area I Need Support In:

Part B: My Support Network

Fill in the table below:

Type of Support Needed	Academic help			
Who Can Help (Name/Resource)	Ms. Johnson (Teacher)			
How They Can Help (What They Do)	explains homework and clarifies tasks			
When I Might Need This Support	during math and science classes			

Part C: Taking Action

One Thing I Can Do This Week to Ask for Help:

