

Five Weeks of Independence



JOURNAL

For Self-Advocates

WELCOME

About

This workbook goes with the *Five Weeks of Independence* online series.

Start with Week 1 or [visit the website](#) to see all five weeks.

Each Week

1. Watch the video.
2. Think about it or talk about it.
3. Write, type, or draw your story in this journal.
4. Take action.

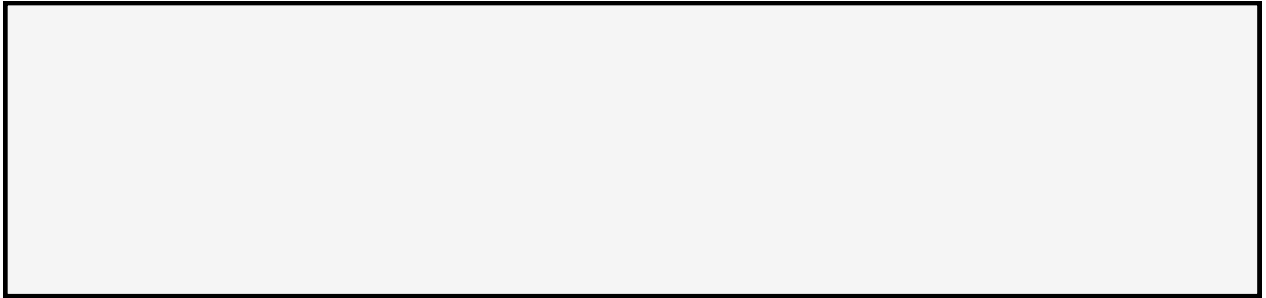
There are no right or wrong answers.
This is your story.



WEEK 1

Independence means...

Write, type, or use speech-to-text.



Draw or add pictures.



Need ideas?

What choices do you like to make?

What helps you be independent?

This is your story.

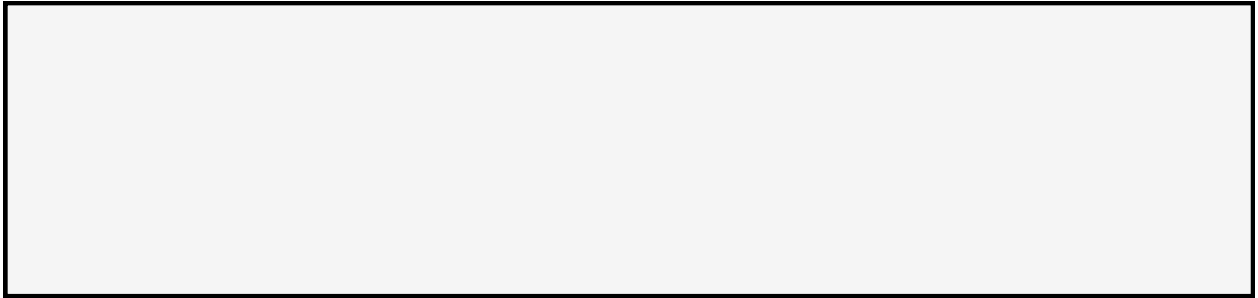
There are no right or wrong answers



WEEK 2

Home means...

Write, type, or use speech-to-text.



Draw or add pictures.



Need ideas?

Who makes you feel special at home?

What do you love about your home?

This is your story.

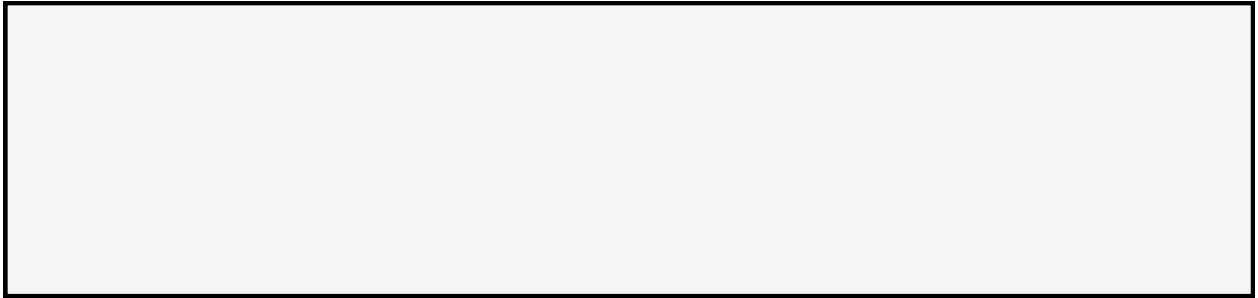
There are no right or wrong answers



WEEK 3

My community includes...

Write, type, or use speech-to-text.



Draw or add pictures.



Need ideas?

Who is part of your community?

How do people help each other?

This is your story.

There are no right or wrong answers



WEEK 4

I help my community by...

Write, type, or use speech-to-text.

Draw or add pictures.

Need ideas?

What are your gifts and talents?

How do you make your community better?

This is your story.

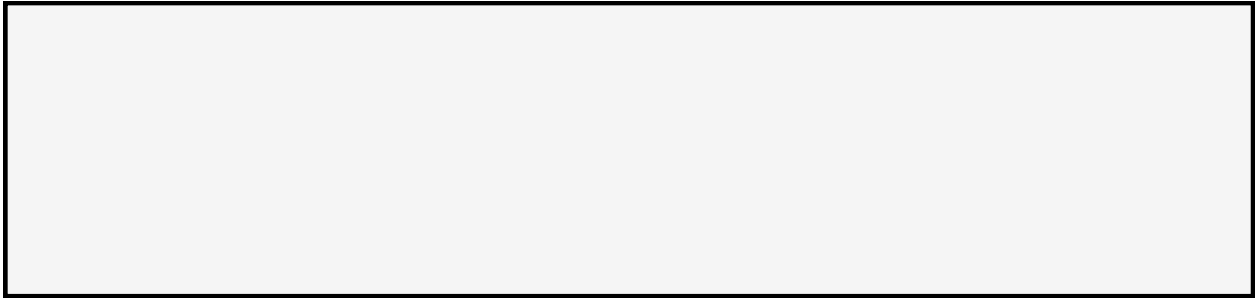
There are no right or wrong answers



WEEK 5

I want leaders to know...

Write, type, or use speech-to-text.



Draw or add pictures.



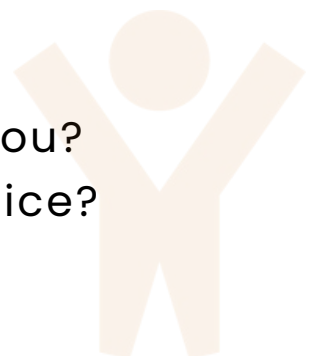
Need ideas?

Why is community living important to you?

What would happen if you lost that choice?

This is your story.

There are no right or wrong answers



THANK YOU

Thank you for building your story.

Every person's story is different.

Every voice matters.

Keep telling your story.

Keep using your voice.

Special thanks to James Meadours and Charlie Jurek for sharing their experiences and ideas about self-advocacy and community living.

Want more free resources? Visit us online.

www.selfadvocatenetwork.com

www.selfadvocatenetwork.com/five-weeks-of-independence