

YOUR GUIDE TO SELF-ADVOCACY

Leave this tool on your desk, your bookshelf, or anywhere you might need a daily reminder to be **your own best advocate**.

Bonus tip:

Knowing when to lead with facts versus feelings can play a big role in setting yourself up for success. It is normal to experience emotions when discussing your needs, and you should always feel comfortable sharing those emotions with your support and medical teams.

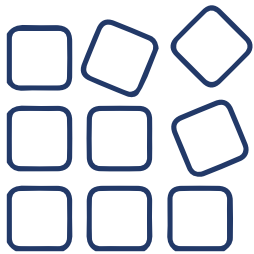
However, in some cases, it can be more effective to lead with facts about your experience. Facts can help you accomplish your larger goals and advocacy efforts.

While you start to incorporate the tips from this tool into your management routine, consider when it might be best to lead with facts versus feelings. And remember, **you're all on the same team**.



Research

Do your own research and become knowledgeable about your medical care. Make sure your information comes from trusted sources, and remember, your doctor is your primary source of information for medical questions.



Confidence

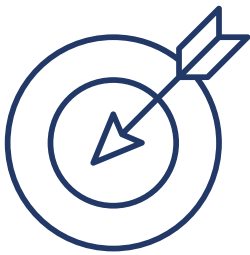
Build confidence in your abilities, appreciate your unique strengths, and speak up. While your healthcare team is your primary resource for medical information, you are the expert on your own story.



Communication

Prepare for conversations with your healthcare team by setting agendas and writing down key questions. Determine your words and tone ahead of time so you can be clear, concise, and collaborative.





Goals & Expectations

Keep a record of your treatment goals and expectations, and reference them often. Share this information with your healthcare team, and don't be afraid to adjust your expectations along your journey.



Organization

Stay on top of things. Keep a calendar of your appointments, dosing days, and overall treatment progress. Staying organized will help you focus and give you a greater sense of control over any situation.



Self-Care

Get in some "me" time. Find activities that bring you joy, keep your mind and body busy, take breaks, and ask for help when you need it. Self-care can help you maximize your ability to care for others.