10 words most Important to Self-Advocates:

Empowerment

1. A person who gains control and confidence in their abilities and decisions

Independence

1. The person does things independently and does not rely on others for support or guidance.

Assertiveness

1. Expressing one’s needs, opinions, and boundaries.

Confidence

1. A belief in one’s abilities, worth, and potential for success.

Autonomy

1. The freedom and ability to make independent choices and decisions in their own life.

Self-Determination

1. The power and right to control their own life and purpose.

Self-reliance

1. The ability to take care of their own needs.

Self-expression

1. The act of expressing one’s thoughts, feelings, and identity in various forms of communication

Self-awareness

1. An understanding of one’s thoughts, emotions, strengths, and weaknesses