

# Am I an Advocate? A Self-Discovery Worksheet

Spoiler: You probably already are.

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Most people who are advocates don't call themselves advocates. They just see something wrong and show up. This worksheet helps you recognize what you've already been doing — and name it.

## HAVE YOU EVER...

- Complained about something in your community**  
That's issue identification. It's where every campaign starts.
- Wished a law or policy was different**  
That's policy awareness. Most people never get this far.
- Told someone else about an injustice you witnessed**  
That's public education. One of the most powerful advocacy tools.
- Showed up for someone who couldn't show up for themselves**  
That's constituency representation. The heart of advocacy.
- Signed a petition, sent an email, or made a phone call about an issue**  
That's legislative advocacy. You've done this before.
- Attended a community meeting, town hall, or public hearing**  
That's civic participation. The system depends on it.
- Voted — or helped someone else vote**  
That's electoral engagement. Democracy starts here.

If you checked any of these, you are an advocate. Write your definition of advocacy here:

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## NOW GO DEEPER

What issue makes me most angry when I think about my community?

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**What would I change tomorrow if I had the power?**

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**Who taught me to care about this? What is my connection to this work?**

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*Welcome to The Policy Lab. You've been doing this work. Now let's give you the tools.*

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