

IMPACT OF
SYSTEMS CHANGE
AND ADVOCACY
REFLECTION
JOURNAL

Journaling Prompts for Youth
Advocates



A YETI Resource

This journal belongs to

Today's date _____

What are the most important factors you consider when advocating for a specific change or policy, and how do you gather support for your position?

How do you as a youth with a disability build credibility and trust when advocating for a change that may be unpopular or met with resistance?

Today's date _____

What are the long-term impacts that your advocacy will have on the disability community?

How will the outcomes of your advocacy drive systems change? What are 3 action steps you can take to have others support your cause?

Today's date _____

What were your goals for this meeting?

**Were you able to accomplish your goal(s)?
Why or why not?**

Today's date _____

How did you feel during the meeting? Were there times you felt emotional or frustrated, and how did you handle that?

What are some things you did well in the meeting?

Today's date _____

What are some things you wish went differently?

What are some positive things that came out of the meeting?

Today's date _____

What are some things you might include in a follow-up/thank you email to key stakeholders and changemakers?

What are the action step(s) that you left the meeting with?

Today's date _____

Are there future meetings planned to carry on your discussion? Why or why not?

Where will you go from here with your advocacy?

