

Self-Advocacy: You Are Worth It. Period. End of Story.

By Gabrielle Burgess-Smith

Quick Self-Assessment + Self-Advocacy Reflection

Section 1: Quick Self-Assessment (Rate 1–5)

Enter the number that best reflects your current experience.

Statement	1	2	3	4	5
I regularly advocate for my needs at work.					
I speak up even when it feels uncomfortable.					
I know how to set and communicate my boundaries.					
I feel confident saying “no” without guilt.					

Prompt 1:

When did I last stay silent when I wanted to speak up? Why?

→ _____

→ _____

→ _____

Prompt 2:

What story am I telling myself about my worth?

→ _____

→ _____

→ _____

Prompt 3:

Where must I start setting clearer boundaries in my life or career?

→ _____

→ _____

→ _____

Prompt 4:

What would self-advocacy look like for me this week?

→ _____

→ _____

→ _____

Assertive Communication + Boundaries

Assertive Phrases Bank:

- “I appreciate your feedback. I need time to process before responding.”
- “That doesn’t work for me right now.”
- “Let’s find a solution that supports us both.”
- “I want to revisit this when we’re in a better headspace.”
- “I’m not comfortable with that request.”

Types of Boundaries:

- **Time Boundaries:** How I spend my day
- **Emotional Boundaries:** What I will and will not take on emotionally
- **Energetic Boundaries:** Who/what drains or uplifts me

Exercise: Write 2–3 boundaries I will honor this season

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Your Worth Statement + Affirmation

Prompt:

Fill in the blanks below to write your personal Worth Statement:

“I am worthy of _____, even when
_____. I will no longer
_____ just to be accepted.”

Affirmations:

"I am not too much. I was never meant to shrink."

"My voice is powerful, my presence is valid, and I no longer wait for permission to be seen."

"I was not born to be silent—I was born to take up space with purpose and power."

"I am the standard. I define my worth. I move like I belong—because I do."

"I do not dim my light to comfort others. I shine because I was made to lead."

"I do not shrink. I expand into every room I enter—on purpose."

Recommended Reading for Self-Advocacy & Boundaries

1. **Set Boundaries, Find Peace** by Nedra Glover Tawwab
A therapist's guide to reclaiming your voice and energy.
2. **The Memo: What Women of Color Need to Know to Secure a Seat at the Table** by Minda Harts
Practical advice for navigating career advancement with confidence.
3. **Radical Candor** by Kim Scott
Speak truthfully and lead with compassion—at work and beyond.
4. **Braving the Wilderness** by Brené Brown
Stand strong in your authenticity, even when it's uncomfortable.
5. **More Than Enough** by Elaine Welteroth
A memoir that doubles as a manifesto for knowing your worth.



SCAN ME

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