



Advocacy Journal

This journal is a space for you to reflect on your own practice. Absolutely **no personal details or descriptions of specific issues** that could potentially identify any service user you work with must be included.

Date:

Description – a brief description of the situation (e.g. met with B to discuss going to a GP appointment or met with F to look at the possibility of getting a support worker.)

Feelings – what I was thinking and feeling

Evaluation – what I did well; what I did not so well



Analysis – what I learned about my advocacy skills and/or myself

Action Plan – what I could have done differently and learning points for advocacy