



# Personal Stocktake



Use this worksheet periodically; say, once a year or before a major advocacy activity comes up. It's useful to take stock of your capacity to undertake consumer involvement activities. Use this as a planning tool to decide how you can put your talents to good use and how you can further develop in areas that might be beneficial.

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**What do I really like about myself?**  
(for example, good listener, well organised)

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**What are my personal weaknesses?**  
List those areas where you wish you had more confidence  
(for example, I have difficulty speaking in front of large groups)

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**What do I know that will make a useful contribution to advocacy?**  
List particular knowledge from your experience or interests  
(for example, I know a lot about being an oncology outpatient)

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**What don't I enjoy?**  
List those things that invoke some fear or panic (for example, public speaking, passionate discussions)

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**How can I learn and improve on my knowledge and skills?**  
List some options (for example, join an organisation, get involved in a particular advocacy activity)

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**In what things do I need support?**  
List the most important things  
(for example, understanding committee etiquette before I attend a meeting with service providers)

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**What are my short term goals?**

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**Where do I go from here?**

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**Who can I talk to/get support from when I need support?**

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Adapted by Health Issues Centre from Mental Health Council of Australia. 1998. *The Kit: A guide to the advocacy we choose to do. A resource kit for consumers of mental health services and family carers.* 1<sup>st</sup> ed. Commonwealth Department of Health and Family Services.

