



Space for Sistas[®] Self-Advocacy Quiz

Discover the key strategies
to elevating your voice.

www.spaceforsistas.com

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MEET DR. DOMINIQUE PRITCHETT, PSYD, LCSW

Organizational Wellness Strategist | Speaker | Consultant | Licensed Therapist | Podcast Host



Born to challenge the status quo, Dr. Dominique Pritchett is the mental health and wellness powerhouse you partner with when it's time to shift from good to groundbreaking wellness.

Through elevating emotional intelligence and agility to prevent burnout, she embraces, engages and evolves spaces. She doesn't talk at people, she speaks to their souls offering actionable strategies.

Dr. Pritchett the mastermind behind Beloved Wellness Center™, Speak to the Soul™ and Space for Sistas®. Notably, she is the voice behind the Speak to the Soul™ and Space for Sistas® Podcasts.

She earned a doctorate in clinical psychology, a master's in clinical social work and a bachelor's in social work.

As a featured expert in media outlets like BBC London Radio, Shondaland, Women's Health Magazine and The New York Times, Dr. Dominique is not just a strategist, speaker and therapist — she's a movement.

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INTRODUCTION



SPACE FOR SISTAS

INTRODUCTION

The Space for Sistas® Self-Advocacy Quiz is designed to help you discover your unique self-advocacy style and identify the factors that may influence your feelings of peace or panic when it comes to elevating your voice. Remember, self-advocacy is a journey, and we're here to support your growth every step of the way. Let's dive in!

PART 2

QUIZ

ANSWER EACH QUESTION HONESTLY.

QUIZ

ANSWER

1

What holds you back from advocating for yourself effectively?

- A. Low self-confidence and self-esteem.
- B. Gender-based discrimination and stereotypes.
- C. Fear of judgment or rejection from others.

2

How comfortable are you setting boundaries with others?

- A. Able to set boundaries but may struggle to enforce them consistently.
- B. Very uncomfortable setting boundaries and often prioritize others' needs over your own.
- C. Find it somewhat difficult to set and enforce boundaries.

3

How do you approach conflicts or disagreements with others?

- A. Address them directly and assertively.
- B. Avoid conflicts at all costs and prioritize keeping the peace.
- C. Willing to address conflicts, but with some hesitation.

4

How do you react to constructive criticism or feedback?

- A. Find it difficult to accept criticism and often feel discouraged by it.
- B. Open to feedback but may feel sensitive or defensive at times.
- C. Appreciate constructive criticism and use it to improve.

ANSWER EACH QUESTION HONESTLY.

QUIZ CONT.

ANSWER

5

How do you feel when expressing your opinions or ideas in a group setting?

- A. Confident and assertive.
- B. Very hesitant and often avoid speaking up.
- C. Fairly confident, but there is room for improvement.

6

How do you handle conflicts or disagreements with others?

- A. Avoid confrontation and prioritize harmony.
- B. Seek compromises and maintain respect.
- C. Address conflicts directly and assertively.

7

Are you currently involved in advocating for any causes or issues that matter to you?

- A. Actively involved in advocacy efforts and campaigns.
- B. Not involved in advocacy and unsure how to start.
- C. Support causes, but not actively engaged in advocacy work.

SCORING


- For each A answer, assign 3 points.
- For each B answer, assign 2 points.
- For each C answer, assign 1 point.

ADVOCACY TYPE

- 14-21 points: Type A - Empowered Advocate
- 7-13 points: Type B - Developing Advocate
- 6-7 points: Type C - Hesitant Advocate

PART
3

**QUIZ SUMMARY
& RESULTS**



“I am no longer
accepting the things
I cannot change. I
am changing the
things I cannot
accept.”

Angela Davis

SUMMARY OF QUIZ

Remember, self-advocacy is not a one-size-fits-all journey—each person's path is beautifully unique. Embrace your self-advocacy type and the actionable steps designed to support your needs. With self-awareness and consistent effort, you can grow as an advocate, elevating your voice to create a positive impact in your life and the lives of those around you.

WHAT'S YOUR SELF-ADVOCACY TYPE?



TYPE A

EMPOWERED ADVOCATE

You're confident and assertive in speaking up for yourself. Keep empowering others, engage in broader advocacy, listen actively, share your journey, and learn from mentors.



TYPE B

DEVELOPING ADVOCATE

You recognize the importance of self-advocacy but face some barriers. Boost self-confidence, practice speaking up, seek supportive people, set boundaries, and learn about social issues.



TYPE C

HESITANT ADVOCATE

Advocating is challenging for you. Be kind to yourself, seek guidance, start small, connect with your values, and appreciate the value of your voice.



TRANSFORMATION



“I have learned over the years that when one's mind is made up, this diminishes fear; knowing what must be done does away with fear.”

Rosa Parks

TRANSFORMING FROM HESITANT TO EMPOWERED

HESITANT ADVOCATE TO DEVELOPING ADVOCATE

1. Celebrate Your Progress: Acknowledge every moment you speak up—big or small—and take pride in your efforts.
2. Create Supportive Spaces: Surround yourself with people who uplift and encourage your self-expression.
3. Draw Inspiration: Find motivation in the stories of others who have boldly advocated for themselves and others.
4. Believe in Yourself: Cultivate self-confidence by embracing your worth and trusting that your voice matters.
5. Take It One Step at a Time: Set realistic self-advocacy goals and celebrate every milestone along the way.

DEVELOPING ADVOCATE TO EMPOWERED ADVOCATE

1. Share Your Knowledge: Empower others by sharing your self-advocacy experiences and the lessons you've learned along the way.
2. Advocate for Important Causes: Use your voice to raise awareness and make a meaningful difference in the issues that matter most to you.
3. Listen Actively: Show attentiveness and understanding when others share their needs and concerns—it's a powerful form of advocacy.
4. Embrace Your Power: Recognize your capacity to create positive change for yourself and those around you.
5. Keep Growing: Continue learning and exploring new ways to strengthen your self-advocacy skills and uplift others.

PART

5

GOAL PLANNING

SMART GOALS

INTENTIONAL GOAL PLANNING

IDENTIFY AT-LEAST ONE GOAL TO ELEVATE YOUR SELF-ADVOCACY.

S	<u>SPECIFIC</u> WHAT DO I WANT TO ACCOMPLISH?	
M	<u>MEASURABLE</u> HOW WILL I KNOW WHEN IT IS ACCOMPLISHED?	
A	<u>ACHIEVABLE</u> HOW CAN THE GOAL BE ACCOMPLISHED?	
R	<u>RELEVANT</u> DOES THIS SEEM WORTHWHILE?	
T	<u>TIME BOUND</u> WHEN CAN I ACCOMPLISH THIS GOAL?	

Found this valuable?

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SPACE FOR SISTAS PODCAST

MY NOTES

A series of horizontal dotted lines for writing notes.