

# 12 ADVOCACY ACTIONS FOR SUCCESS

---

## 11. CHOOSE YOUR ATTITUDE

How will you handle it when you start to lose patience or hope for the adoption of your goals/ initiatives? (E.g., refocus, vent to a friend, exercise, meditate, meet with additional stakeholders)

What projects might you need to wait on, nudge, push, or take bolder action on today?

When are you at your best? When are you at your worst? (Awareness can be helpful here to mitigate the rough patches and enhance your optimal times.)

Who can you rely on for support after a tough conversation/ day/ outcome?