

## Roadmap to Self-Empowerment for Autistic Adults Worksheet

Autistic adults can face many small challenges in everyday life that can have a larger impact than for other people who are not affected by autism. Sometimes the small things can build up so much that it becomes overwhelming and affects other parts of your daily life.

It is important to empower yourself by making a plan to try to overcome these challenges. The Roadmap to Self-Empowerment for Autistic Adults helps you assess what triggers your challenges, what types of strategies help you in difficult situations, and what you can do to support yourself and set yourself up for success. The roadmap contains seven sections so that your planning can be broken down into smaller areas of focus. A plan that covers all of these areas will help you reach a place of personal balance and empowerment. **Below is a worksheet to help you keep all of this helpful information in one place.**

	What drains you?	What recharges you?	What are the risks?	What is your plan?
 <p><b>SENSORY</b> <i>Hearing, sight, smell, touch, space</i></p>				
 <p><b>SOCIAL/ COMMUNICATION</b> <i>Daily interactions, verbal and nonverbal messaging</i></p>				
 <p><b>EXECUTIVE FUNCTION</b> <i>Planning, organizing, setting goals, managing time</i></p>				
 <p><b>RELATIONSHIPS</b> <i>Friends, partners, family members</i></p>				
 <p><b>PHYSICAL HEALTH</b> <i>Sleep, exercise, diet, chronic illness management</i></p>				
 <p><b>MENTAL HEALTH</b> <i>Depression, anxiety, eating disorders, trauma</i></p>				
 <p><b>SAFETY</b> <i>Financial and online scams, hazards at home, natural disasters</i></p>				