If I Could… Worksheet For Disabled People

**Instructions**

Use this worksheet to explore things you’d like to do if barriers weren’t in your way. Then reflect on what you need to do to make these aspirations possible. There are no right or wrong answers; this is a space for you to be honest, creative and hopeful.

If you get stuck, ask a friend, colleague or ally to help.

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| If only… | I can’t because… | So I will… |
| e.g. work full-time | I get fatigued quickly | Speak to my manager about working flexible hours and having energy breaks |
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