

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.

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

Would you like to talk about how you or your employees may be struggling with their “spoons”?

[Get in touch](#) with us via email to ask a question

[Book a time](#) to talk informally about what you’re struggling with

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