



# JOURNAL PAGE: DAY 10

## DISABILITY

Use the spaces on the right side below to enter your answers and thoughts, and then save this document to your computer for future reference.

**Knowing that you could become disabled at any point in time...  
How would your life change?  
What barriers would you face?  
What positive impact(s) may it have in your life?**

**What are some ideas of how you could advocate for equity and inclusion for persons with disabilities?**

**Other thoughts:**

What was your 'a-ha' moment (moment of surprise or new information)?

What was your 'hurt' moment (feeling of discomfort)?

What will you do differently?