

Know Your Advocate Type Worksheet

Name the mode you naturally advocate in, lean into its strength, guard its shadow, and find the partner who covers what you're not.

The Seven Types — Check Where You Have Energy

Storyteller — moves people through narrative, feels the human core of an issue

Organizer — builds the coalition, the turnout, the systems that sustain a campaign

Insider / Bridge-Builder — works the relationships, finds common ground with unlikely people

Firebrand — names the broken thing plainly, confronts power directly

Steward / Builder — in it for the long, patient construction that outlasts the moment

Witness / Caregiver — driven by the specific people being harmed, shows up faithfully

Strategist / Sage — sees the whole board, figures out how the fight is actually won

Name Your Type

Your type(s)

Write the one or two types that most describe how you naturally advocate — where you have energy without forcing it.

Where it shows up

Describe a moment you felt most effective and least drained. What were you doing?

Strength & Shadow

Your strength

Name the specific advocacy work your type does better than anyone.

Your shadow

Name your type's failure mode — the way this mode burns you out or trips you up.

Your guardrail

Name one check, person, or rule that will catch you when you're slipping into the shadow.

The Mismatch

Name one advocacy task you keep making yourself do that fights your type and drains you.

Build Your Team

The opposite type

Name the type most opposite yours.

How you'd partner

Describe how you'd work with someone who has it — what they'd cover that you don't.

Hold it lightly

Your type is the mode you're most fluent in, not a cage. Good advocates stretch into other modes when a fight demands it — know your type so you can pace and partner well, then stretch when it counts.