

Take Action!

Topic: _____

How ready are you to take action on this topic?

- I want to do something now
- I am thinking about doing something in the future
- I am just not ready to do this

What questions do you have about this topic?

If you want to do something now, **what will be your first step?**
(Examples: Talk to my doctor, take a class, get help from family, and so on.)

What is your goal for taking action on this topic?

I want to _____

By this date _____

