STEP 1: Select a goal and target audience and put it in the circle below:

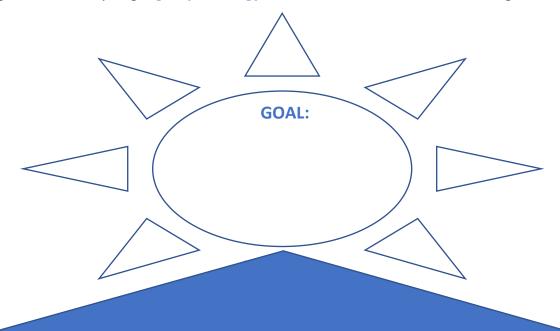
a) Encouraging a hope infused dependency practice for families, children or each other.

OR

b) Preventing unnecessary harm to (dependent) children, families or each other.

STEP 2: In the **ACTION STEP** boxes below, brainstorm actions that either **YOU**, **PEOPLE LIKE YOU**, or the **WHOLE SYSTEM** (avoid "othering") can take in achieving that goal.

STEP 3: Next to each action step, think of how you might be **motivated to take** that action step, an/or how taking that action step might give you energy/motivation to continue towards the goal.



How to GET energy to do this activity	ACTION STEP	How this action will GIVE me energy in return