

Step 3 - Identify one small action you could take to help reach your goal

What is the action?	What do you need to do?	Who will help?	When will you do it?	How will you know you have been successful?
<i>Example: Join a playgroup</i>	<i>Example: 1) Find a playgroup to join 2) Work on my confidence to talk to new people</i>	<i>Example: My sister is good searching the internet and I can practise my conversation skills with my partner</i>	<i>Example: Over the next month</i>	<i>Example: When I have attended a playgroup and talked to new people</i>
insert	insert	insert	insert	insert