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What might help me achieve this aim?
(For example: support, resources, people, information.)

What activities would help me to achieve this aim?

What might get in the way?
What might help me overcome the obstacles and who or what could support me?



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How can community-led health contribute to my work?

- This exercise is to allow you to think about how you might apply learning from today into your day-to-day work.
- On this side of the sheet there is space for you to identify up to 3 things you will take away from today, things that you plan to do next or things you will do differently. They don't need to be projects or initiatives. It may be a change to how you think or approach something or something you want to learn more about.
- On the other side of this proforma you can break your takeaways from today down into more detail.



My top 3 takeaway actions from today are...