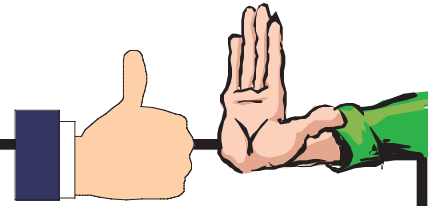


Helps and Hindrances



Promising idea/action

	Sources of help and support	Hindrances and obstacles
WHO (people)		
WHAT (things)		
WHERE (places)		
WHEN (times)		
WHY (reasons)		
HOW (actions)		

Plan of Action: