

## My 5 Ways Action Plan

	Why is this activity important to me?	What am I doing now in each of the 5 Ways?	What is one thing I can do to make a start?	When (day) and where (home/work) will I commit to starting?
<b>Connect</b>				
<b>Be Active</b>				
<b>Keep Learning</b>				
<b>Be Aware</b>				
<b>Help Others</b>				