

Draft plans for working changes

I have to set my limits I have to get started

I want to do this, but I can’t do this alone

I can do this! I’m motivated! Can you help me

Create awareness

More Research

I can’t do this help!

Ability to cope with the situation

Responsibility not able to chance thing

Unattractive feel bad

Pain+

Concerned about the impact

**DO SAY**