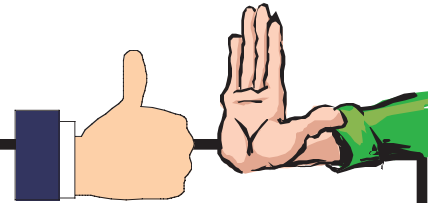


# Helps and Hindrances



**Promising idea/action**

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

**Plan of Action:**