

## Great IDEA!

**I:** Identify the barrier, or challenge, that keeps you from being active.

---

---

---

---

---

**D:** Develop a few creative solutions (the more, the merrier). Don't judge the plausibility until you have developed a list. Sometimes seemingly unrealistic solutions end up being the right ones.

---

---

---

---

---

**E:** Evaluate your list of solutions. In the following space write the solution you are willing to try. Write down precisely *when* you will put it into action.

---

---

---

---

---

**A:** Analyze how well your plan worked and revise it if necessary.

---

---

---

---

---