## **Great IDEA!**

I: Identify a barrier that keeps you from being active.	
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<b>D:</b> Develop a few creative solutions (the more the merrier).	
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<b>E:</b> Evaluate your list of solutions. In the following space, write the solution you are willing to try. Write down precisely when and how you will put it action.	
A: Analyze how well your plan worked, and revise it if necessary.	

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