

## How to Find and Receive Help Take Action

Something I learned today that made a difference: \_\_\_\_\_

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I commit to try the following strategy: \_\_\_\_\_

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Some other strategies I can try:

- I will make a list of people I commonly need to call: doctor, pharmacy, hair stylist/barber, family members, neighbors and record the phone numbers in an easily accessible place.
- I will create a folder with my important personal and legal documents. Such as:

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Signed \_\_\_\_\_ Date \_\_\_\_\_

