



Activity 4: Identify Barriers and Unmet Needs

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Observe: Complete the table below with up to 6 Barriers or Unmet Needs you identified from the card activity.

Best
Describes
Me



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Questions to Explore

Evaluate:

1. As you review your top statements, what resonated most? What surprised you?

2. Are these barriers or unmet needs new for you or areas you've been struggling with for a while?

Respond:

3. What is one action you can practice today to address one of these barriers or needs?

4. Who can you ask for help and support?