



Readers and workshops attendees often say, *"If you'd just put a list together of all the things I need to do and need to have, my life would be much easier, and part of my personal safety net would be much closer to complete."*

Well, it takes more than a list, although it is a way to get you on the road. So while we want you to read up and work on your skill base - learning to ask, learning to plan, and learning to use a group to accomplish goals and needs - we hear your pain.

Therefore, **here is a simple list to get you started.** Print it out and start organizing and completing the check list to know that you'll be better prepared when those unexpected challenges and changes come your way.

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