



# # hello OUR aim is...



**What's your name?**

# hello my name is...

**What aim have you chosen to talk about?**

**Who will help you to achieve your aim?**

*(Carer, friend, GP, Doctor, nurse, another person)*

**What will they do?**

# hello my name is...

# hello my name is...

# hello my name is...

**Where will you find help to achieve your aim** *(websites, twitter, blogs, charities, shops, other groups in your local area)?*

**How will you know** whether you have achieved your aim and **when** do you expect to complete it?

How

When *(date)*

**What is the shared aim** you have decided on with the people above, and **what will you do** to achieve this aim?

*(Please write this below).*

# hello OUR aim is...

Please record your aim as an action on the NHS Change Day website: [changeday.nhs.uk/campaigns/helloOURaimis](http://changeday.nhs.uk/campaigns/helloOURaimis)

## AimPlan