I. **Activity: Naming and Framing**

   a. In pairs or small groups, name and frame the issues important to your community.

   b. Justify the issues to the partner or group (i.e. frequency, duration, scope, severity social importance)

   c. (as needed) Reframe the issue to reflect the community's concerns

DIALOGUE: Name a problem that people don't believe they can do much about. Does the naming and framing of this problem contribute to a sense of powerlessness?

II. **Activity: Restraining and Driving Forces (i.e. SWOT)**

   a. For your situation, identify some restraining forces, some driving forces, and implications for promising interventions.

DIALOGUE: For your community, consider:
   • What behaviors of whom contribute to the problem?
   • Who is affected?
   • How many people are affected and how?
   • When and where did this first occur?

III. **Activity: Personal and Environmental Factors**
   a. What's the community issue or problem?
      i. Important behaviors
      ii. Important outcomes
   b. What contributes to it?
      i. Identify personal factors (e.g. knowledge and skills, etc.)
      ii. Identify environmental factors (e.g. support services, etc.)

DIALOGUE: For your issue, what specific personal and environmental factors should be addressed? How would you refine your analysis? **How could you use this information to identify parts of an intervention?**

WORSHEET: IDENTIFYING PERSONAL AND ENVIRONMENTAL FACTORS

TYPE OF FACTOR	SPECIFIC FACTORS	HOW IT CONTRIBUTES TO THE PROBLEM/GOAL:
COMMUNITY ISSUE OR PROBLEM:		
Personal	1. Knowledge and Skills	
	2. Experience and History	
	3. Biology and Genetics	
Environmental	4. Support and Services	
	5. Access, Barriers and Opportunities	
	6. Consequences of Efforts	
	7. Policies and Broader Conditions	

V.   **Activity: Targets/ Agents of Change**

Fill out this sheet as part of your goal setting process. You can use the information to decide who can benefit and contribute when you write your and revise goal statement, SMART Objective and Action Plan.

COMMUNITY ISSUE OR PROBLEM:		
Who are the people who experience or contribute to the issue? (Targets of Change)	Who are the people who can contribute to improvement? (Agents of Change)	Potential Solutions

VI. **Activity: Goal Statements**

Remember: To (do something) + (among whom) + (where)

Goal Statement: _____

_____

VII. **Activity:** **Measurable Objectives**

For your community effort, describe **how much** of what the initiative is going to accomplish **by when**. Critique your objectives based on attributes (SMART+C).

Community Issue or Problem:			
Goal Statement:			
S	Specific	What do you want to accomplish?	
M	Measurable	How will you know when you have accomplished your goal?	
A	Achievable/Attainable	How can the goal be accomplished?	
R	Relevant	Is this goal worth working hard to accomplish? Explain.	
T	Time-bound	By when will the goal be accomplished?	
+			
C	Challenging	**Can you stretch yourself to add an additional goal in case you exceed your initial goal?**	

VIII.   Activity: Indicators

Community Issue or Problem:		
Goal:		
SMART + C Objective(s)		
Check all that apply:	**Indicator Type:**	**Data Source**
	Health Status	
	Health Behavior	
	Health Care	
	Health Care Resources	
	Health Policy	
	Other Community Factors	