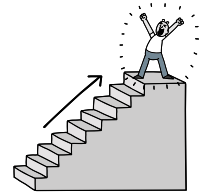


Setting my Goal



First think in detail about when you would like to aim for making your appointment. Think about how to fit this into your life.

I will make my next appointment

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My plan for this barrier

To help me visit the dentist for a check-up and attend planned appointments in the future, this is my plan-

To help me with this barrier I will

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Thinking about what would work for me, the best time and place for me to do this is

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Could someone help you?

Write about this here

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