

# Transportation Need

Explore your transportation needs and how you meet them. Complete each box and continue the activity on the next page.



**Why is having reliable transportation important to you?**

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**What is your life like when you don't have reliable transportation?**

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**What is your ideal way to meet your transportation need?**

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**Transportation barriers:**

Suspended driver's license	
No vehicle insurance	
No vehicle	
Limited/no public transportation	
Money issues	
Schedule/time to get places	
Childcare/transporting kids	
Other	
Other	

### Looking at barriers to transportation, what are your biggest stressors? Why?

### What barrier do you want to start working on first?

Goal-setting is a good way to stay focused on what you want to achieve. Write what you want to accomplish in the next six months (short-term) and the next year (long-term.)

[illegible]

You have a clearer picture of where you want to be in the future when addressing your transportation need.

# Action Planning

An action plan is a checklist for the steps or tasks you need to complete to achieve your goal. Be clear in what you want to accomplish when filling in the steps. Each step should be related to the identified barrier. This activity can be completed with your case manager if you are having difficulty thinking of steps.

**Step 1:**

**What to do if I hit a barrier?**

**Step 2:**

**What to do if I hit a barrier?**

**Step 3:**

**What to do if I hit a barrier?**

**Step 4:**

**What to do if I hit a barrier?**

*If you need more steps, continue on blank paper.*

# Advocating for yourself

Sometimes we feel like our voice or need is not heard. Sometimes this happens when we are uncomfortable or when we feel powerless. Prepare yourself by completing the *4 Ws and an H* to meet your needs and ensure your issue is heard.

**What is the issue?**

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**When did it start?**

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**Why is it important for you to get this addressed?**

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**Who is affected by this issue?**

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**How do you want this issue to be resolved?**

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