



PRACTICAL ACTIVITY

3.5.4A. Letter to myself



1

The trainer shows how to write or draw email to future selves.

2

The trainees identify an area where they can become more involved in the community.

3

Identify the person or allies for your influence group.

4

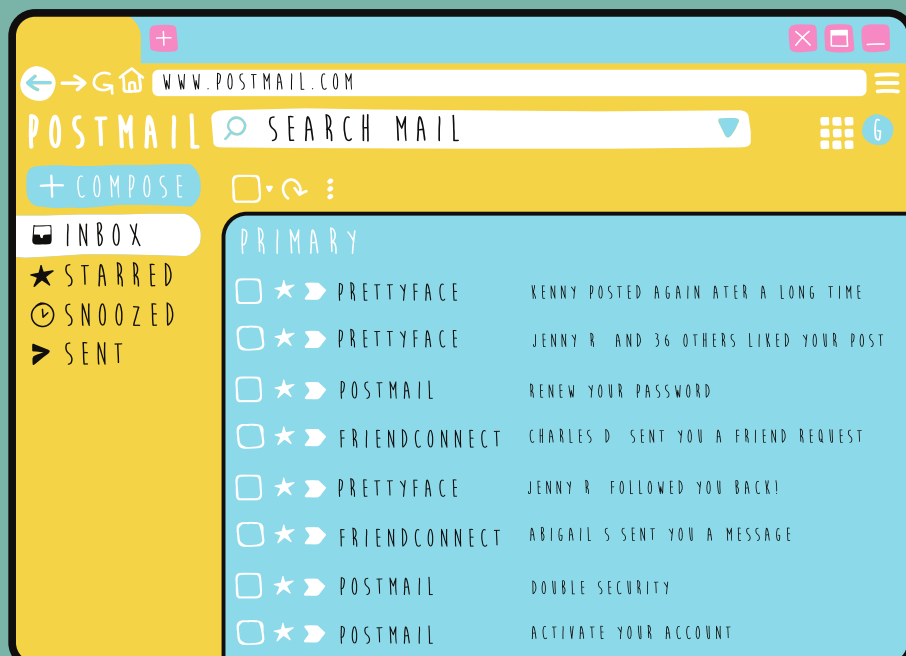
Define an action that you felt prepared to do.

5

The trainer collects all the letters.

6

Each trainee will receive this email letter in a few months.



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