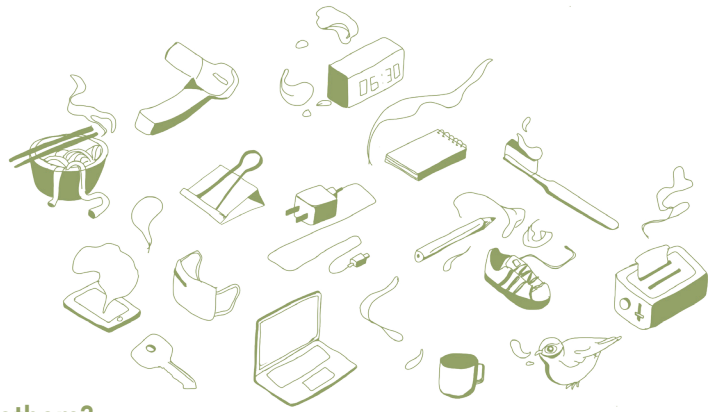


# engaged doing

an in-sync mode

Engaged doing is like navigating the busy main roads, where you need to be aware of what others are doing, and coordinate with them to get to your destination.



## What everyday activities can you do with and for others?

Brainstorm activities that help you connect with others. These may be activities that you feel able to participate in and contribute through sharing your strengths, skills or interests.

## Being in everyday spaces

What challenges do you experience while being in everyday spaces with others?

What could you do to reduce the barriers and more comfortably engage in everyday spaces?

## Creating time and space for sync mode activities

Use the space below to plan a regular activity that you can do with or for others.

Capture what you will do, when the best time to do this is, how long it will take and what you will need

(e.g. I will help at the community garden every Tuesday and Thursday afternoon for 60 minutes.

I need my bus pass, gardening clothes and tools).