

PLANNING CHECKLIST

- Choose a healthy habit your group wants to promote - this could be mindfulness, movement and recovery or nutrition based.
- Research and brainstorm 3 practical tools that can be used to support this healthy habit.
- Write down what the key message of your advertisement is.
- Brainstorm ideas for your advertisement.
- Create a storyboard and script for the advertisement, including key messages and visuals.

LifeChanger: Planning Checklist (Lesson 7)