

N'Clusive News: My Next Move

Turn information into one practical next step.

Write or type your answers. You can leave a question blank and return later.

1. What did I read or hear?

Article or resource title:

Source or link:

Publication date:

Date I reviewed it:

2. Why does this matter to me?

What connects to my situation, needs, or priorities?

3. What do I need to verify?

My questions:

Who or what can help me check?

Any deadline or eligibility requirement to confirm:

4. What is my next move?

One action I choose:

When I plan to take it:

5. What would help me take this step?

Support, information, or accommodations I want:

Who I want involved, if anyone:

6. What happened next?

Return to your plan, reflect, and choose what comes next.

Follow Up Needed:

☐ Yes ☐ No ☐ Unsure

Follow Up Date:

What I did

What I learned

Do I need a break?

If so, why?

Next steps

Using this card

Choose one manageable action. Save your completed copy so you can return to it. For the fillable version, use a PDF app that supports forms and save a new copy.

Check the original source for current details. This card is a planning tool and does not provide individualized legal, medical, or benefits advice.