**Text only version of the infographic key questions**

What to ask yourself when planning involvement activities – Shaping Our Lives

* What is the purpose?
* What change can happen?
* Have you got the resources?
* Have you enough time?
* Are you paying?
* Who do you want to involve?
* How will you keep a record?
* How will you handle sensitive issues?
* How will you feedback?
* How will you overcome barriers?
* What action will you take?