

# THE FIVE W'S and ONE H TASK LIST

Who, What, When, Where, Why, and How to Find Resources

**WHY**- What need do I have that I am hoping to meet with this exercise?

**HOW** am I comfortable seeking out what I need?

**WHAT** do I need to do to accomplish this task?

**WHERE** can I seek out the resources I need?

**WHO** can I contact to get the information I need?

**WHEN** do I plan to work on this? (Schedule time for the work, breaks, and a flexible deadline.)