

Internalizing the Key Messages

Use the 4" x 6" index cards below to help you internalize the meaning of each key message. Use the prompts to practice writing out the key messages, add doodles or pictures that will help you remember, or code them in a way that makes sense to you! Print out the cards, cut them out and keep them with you for quick reference.

DEFINING THE ASSOCIATION & ITS MEMBERSHIP

#1: ASTPHND is a

#2: ASTPHND promotes

#3: For over 60 years,

#4: ASTPHND's 250+ members

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DEFINING THE ASSOCIATION'S VALUE PROPOSITIONS

#5: ASTPHND helps its members

#6: ASTPHND facilitates

#7: ASTPHND builds