

Putting it into Practice

START | STOP | CONTINUE | CHANGE

START

What are you going to start doing as a result of something you have learned so far?

- I'm going to start...
 - It matters because...
 - In order to make this happen I'll need...
-

STOP

What are you going to stop doing as a result of something you have learned so far?

- I'm going to stop...
 - It matters because...
 - In order to make this happen I'll need...
-

CONTINUE

What are you going to continue doing or do more of as a result of something you have learned so far?

- I'm going to continue...
 - It matters because...
 - In order to make this happen I'll need...
-

CHANGE

What are you going to do differently as a result of something you have learned so far?

- I'm going to stop...
- It matters because...
- In order to make this happen I'll need...