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| Putting it into PracticeSTART | STOP | CONTINUE | CHANGE |
| STARTWhat 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…
 |
| STopWhat 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…
 |
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| continueWhat 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…
 |
| changeWhat 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…
 |

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