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| 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… | |