

While you are learning, translate information and ideas into brain & action-friendly knowledge, skills, attitudes, insights you want to internalize for later use.

My Future Vision What my learning in action will look/feel like			
Knowledge to Remember (Facts, ideas, concepts, etc.)	Skills/Habits to Develop (Physical, interpersonal, personal, intellectual skills)	Beliefs/Attitudes to Update (New ways of thinking: new priorities and values)	Creative Insights (Innovative ideas)

Actions I will take	How I will support myself in change	How I will influence my environment to support change