

Not So Terrible... P.A.L.S.Y

Pausing:

Stop and think about you have found out. What are your main take away points? What are your main questions?

Analysing:

Why did this resonate with you?

Learning:

What did you learn from this?

Solutions:

Do any actions need to be put into place?

Your Plan:

How will you achieve these actions? What are your goals?