[Title: what I will do and the clear benefit]

“[Motivating quote or inspiring statement – give me mental energy!]”

- Quoted Author

**THINK:**

[Concept or technique I need to learn]

**DO:**

[Action prescription providing the HOW (target behaviors), where (setting) and when for putting the technique to immediate use.]

[Card Author: Your name or anonymous]

Copy and paste the box above into a Word or PowePoint document. Enter your text inside the brackets []. Be sure to delete the brackets and explanations.

Please do not change the size of the box or font. You print, cut and paste/tape these to 3x5 cards to create prototype knowledge cards.