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

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

- Quoted Author

**THINK:**

[One concept or technique I need to learn]

**DO:**

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

[Card Author: Your name or anonymous]

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

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