




<p>HEAD</p>  <p>Thinking and Understanding</p>	<p>What do you want to learn more about? What other sources should you consult?</p>
<p>HEART</p>  <p>Emotions and Motivations</p>	<p>What do you feel and believe? What matters to you /others?</p>
<p>HANDS</p>  <p>Behaviors and Resources</p>	<p>Do you need additional tools or training? What can you do right now?</p>