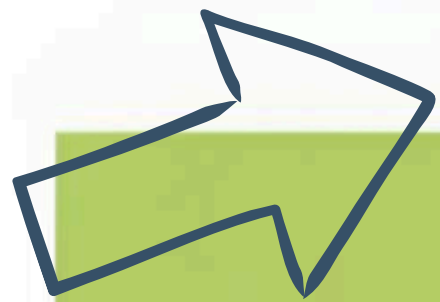




Act FAST with Feedback!



Feed-forward.

What are my next steps for improvement?

Action.

Have I responded to the feedback I have been given?



Self-reflect.

What did I do well?
What will I do differently next time?

Target-setting.

What SMART target will I set to help achieve my goal?

