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Essential Questions	Ideas, Reactions, Connections
<p>Which of my goals are in my control? Which are out of my control?</p> <p>What are the cornerstones of my coaching? How are these apparent to my athletes every day?</p>	
<p>Reflect & Recapitulate</p>	
<p>In your own words, record the main concepts and what ideas you want to pursue further.</p>	