

# THINK IT THROUGH WITH JACK'S A.E.I.O.U



**A - Action** - what choice did I make that impacted on others?

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**E - Emotion** - what might other's have felt about my choice?

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**I - Impact** - what happened to others as a result of my choice?

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**O - Outcome** - what happened in the end for me?

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**U - Understanding** - What did I learn for the future?

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