





Mental management - annex

<p>1. I'm ready to receive the information and I'm planning to do something with it.</p> 	<p>2. I take the information and put it in my head.</p>  <p>I watch 👁 in order to ... I listen 👂 in order to ... I touch ✋ in order to ...</p>
<p>3. I think about the information I got.</p> 	<p>4. I check if what I have in my head is what I wanted to get.</p>  <p>INGT/INDJ © D. Migeot</p>